

- Prep Time: 20 Minutes
 - Cook Time: 30 Minutes
 - Total Time: 50 Minutes
 - Servings: 4-6 People
 - Difficulty: Intermediate
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Ingredients

For the Garlic Butter

- 4 tbsp Unsalted Butter, softened
- 3 cloves Garlic, minced
- 1 tbsp Fresh Parsley, chopped
- 1/4 tsp Salt

For the Chicken Alfredo

- 1 lb Boneless, Skinless Chicken Breast, cubed
- 2 tbsp Olive Oil
- 12 oz Fettuccine (or Penne)
- 2 tbsp Unsalted Butter
- 2 cloves Garlic, minced
- 1 1/2 cups Heavy Cream

- 1 cup Freshly Grated Parmesan Cheese
- Salt and Black Pepper to taste

For the Assembly

- 1 Large Loaf (approx. 16 oz) Italian Bread or Sourdough
 - 1 1/2 cups Shredded Mozzarella Cheese
 - 2 tbsp Fresh Parsley, chopped (for garnish)
 - Pinch of Crushed Red Pepper Flakes (optional)
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Instructions

Phase 1: Preparation & Boiling (Time: 10 Minutes | Intensity: Low)

1. Preheat the Oven: Preheat your oven to 375°F (190°C).
2. Boil the Pasta: Bring a large pot of salted water to a boil. Cook the fettuccine according to package instructions until *al dente*. Reserve 1/2 cup of pasta water, then drain and

set aside.

3. Prepare the Bread: Using a serrated knife, slice the top off the loaf of bread lengthwise (about 1/4 inch from the top). Hollow out the inside, leaving a 1/2-inch thick shell. Tear the removed bread into chunks for dipping later, or pulse into breadcrumbs. Set the hollowed loaf aside.
4. Make the Garlic Butter: In a small bowl, mix the softened butter, minced garlic, parsley, and salt. Spread this mixture evenly inside the hollowed-out bread shell.

Phase 2: Cooking the Chicken & Sauce (Time: 15 Minutes | Intensity: Medium-High)

5. Sear the Chicken: Heat olive oil in a large skillet over medium-high heat. Season the cubed chicken with salt and pepper. Sear until golden brown and cooked through (internal temp 165°F). Remove chicken from the skillet and set aside.
6. Build the Sauce: In the same skillet (do not clean it—the fond adds flavor), melt the 2 tbsp of butter over medium heat. Add the minced garlic and sauté for 30 seconds until fragrant.
7. Simmer: Pour in the heavy cream. Bring to a gentle simmer. Whisk in the grated Parmesan cheese until the sauce is smooth and has thickened slightly. If the sauce is too thick, add a splash of the reserved pasta water.
8. Combine: Add the cooked chicken and drained fettuccine to the sauce. Toss to coat evenly. Season with salt and pepper to taste.

Phase 3: Assembly & Baking (Time: 25 Minutes | Intensity: Low)

9. Stuff the Loaf: Spoon the Chicken Alfredo mixture into the prepared bread shell. Pack it in gently.
10. The Cheese Blanket: Top the pasta mixture with the shredded mozzarella cheese. Sprinkle a little extra Parmesan on top if desired.
11. Bake: Place the stuffed loaf on a baking sheet lined with parchment paper. Bake for 15–20 minutes, or until the cheese is melted and bubbly and the bread crust is golden brown.
12. Broil (Optional): For a golden crust, switch the oven to broil for the last 2 minutes. Watch it carefully to ensure the cheese does not burn.

Phase 4: Finish & Serve (Time: 5 Minutes | Intensity: Low)

13. Garnish: Carefully remove the bread from the oven. Sprinkle with fresh chopped parsley and crushed red pepper flakes.
14. Rest: Let the loaf rest for 5 minutes before slicing. This allows the cheese to set slightly so it doesn't run everywhere when cut.
15. Serve: Slice into thick portions and serve immediately.

Recipe Intensities Explained

- Low Intensity: Tasks requiring minimal physical effort and no strict timing (e.g., boiling water, preheating oven, resting).
 - Medium Intensity: Tasks requiring active attention and stirring (e.g., sautéing garlic, melting cheese).
 - High Intensity: Tasks that require constant monitoring to prevent burning or overcooking (e.g., searing chicken, broiling).
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Nutritional Information (Estimated Per Serving)

Disclaimer: Nutritional values are estimates based on standard ingredients. Actual values may vary depending on specific brands and portion sizes. This recipe is calculated based on 6 servings.

- Calories: 780 kcal
- Total Fat: 45g
- Saturated Fat: 24g

- Cholesterol: 150mg
- Sodium: 890mg
- Total Carbohydrates: 58g
- Dietary Fiber: 2g
- Total Sugars: 4g
- Protein: 35g