

Pastaless Chicken Carbonara

CHICKEN:

2-3 large boneless and skinless chicken breasts , halved horizontally to make 4 -6 filetes

2 heaping tablespoons flour (all purpose or plain)

3 tablespoons finely grated fresh Parmesan cheese

Chicken Seasoning

CREAM SAUCE:

1 tablespoon olive oil

8- ounces of bacon; cut into chunks

1 small onion , chopped

6 large cloves garlic , minced or finely chopped

1-1/2 cups of heavy cream

1/2 cup finely grated fresh Parmesan cheese

1/2 teaspoon cornstarch mixed with 2 teaspoons of water

INSTRUCTIONS:

1. Season the chicken generously with chicken seasoning. In a bowl, combine the flour and parmesan cheese. Place seasoned chicken in the flour mixture; coating well and shaking off excess, and set aside.
2. Heat the oil in a large non stick pan or skillet over medium-high heat. Fry the chicken until golden on each side, cooked through and no longer pink (about 8-10 minutes per side, depending on the thickness of your chicken.) Place on cookie sheet and keep warm in oven.
3. Add the bacon chunks to the pan and fry until crispy.

Drain off some excess fat, keeping about 1 teaspoons worth in the pan. You want to keep all that flavor in the pan! Add the onion and garlic and fry until onion is golden brown. (about 2 minutes). Reduce heat to low heat, and add the heavy cream; slowly. Bring the sauce to a gentle simmer; season with a little salt and pepper to your taste. Add in the parmesan cheese, and allow the sauce to simmer until it has melted slightly. (If the sauce isn't thick enough, make the roux and add to the cream sauce, it will thicken it up in no time!)

4. Add the chicken back into the pan to serve.
5. Serve with your favorite pasta, rice, or egg noodles.