

# MEALTIME HELPER

MAKING MEALTIME EASY

## Chicken Tetrazzini

**Prep time:** 20 minutes

**Cook time:** 35–40 minutes

**Total time:** 55–60 minutes

**Servings:** 6–8

### Ingredients

- 12 ounces (340 g) spaghetti, linguine, or egg noodles
- 2 tablespoons unsalted butter
- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 8 ounces (225 g) cremini or button mushrooms, sliced
- 2–3 garlic cloves, minced
- 3 tablespoons all-purpose flour
- 2 cups (480 ml) low-sodium chicken broth
- 1 cup (240 ml) whole milk or half-and-half (use heavy cream for richer sauce)
- 1 cup (240 ml) heavy cream or additional milk/half-and-half if you prefer extra creaminess (optional swap)
- 2 cups cooked chicken, shredded or cubed (rotisserie chicken works well)
- 1 cup frozen peas, thawed (optional)
- 1 teaspoon Dijon mustard (optional)
- 1/2 teaspoon dried thyme or 1 teaspoon fresh thyme leaves
- 1/2 teaspoon kosher salt, plus more to taste
- 1/4 teaspoon black pepper
- 3/4–1 cup grated Parmesan cheese, divided (plus extra for serving)
- 1 cup shredded Gruyère, cheddar, or mozzarella (optional — for a cheesier topping)
- 1/2 cup plain breadcrumbs or panko (optional, for crunchy topping)
- 1–2 tablespoons chopped fresh parsley for garnish

### Directions

1. **Preheat oven and prepare pasta:** Preheat the oven to 375°F (190°C). Cook the pasta in salted boiling water until just al dente according to package directions (it will cook more in the oven). Drain and toss with a drizzle of olive oil to prevent sticking; set aside.
2. **Sauté aromatics and mushrooms:** In a large skillet over medium heat, melt the butter with the olive oil. Add the chopped onion and sauté 4–5 minutes until softened. Add the sliced mushrooms and cook 5–7 minutes until they release their liquid and begin to brown. Stir in the minced garlic and cook 30–45 seconds until fragrant.
3. **Make the roux:** Sprinkle the flour over the vegetables and stir to coat, cooking 1–2 minutes to remove the raw flour taste.
4. **Build the sauce:** Gradually whisk in the chicken broth and then the milk and cream (if using). Bring to a gentle simmer, scraping up any browned bits. Simmer 3–5 minutes until the sauce thickens slightly.
5. **Season and add cheese:** Stir in Dijon mustard (if using), thyme, salt, pepper, and 1/2 cup of the Parmesan. Taste and adjust seasoning.
6. **Combine pasta, chicken, and peas:** In a large bowl or the skillet (off heat), combine the cooked pasta, shredded chicken, thawed peas (if using), and the creamy sauce. Toss gently to combine.
7. **Assemble casserole:** Transfer the mixture to a lightly greased 9×13-inch (or similar) baking dish. Sprinkle the remaining 1/4–1/2 cup Parmesan and the shredded Gruyère/cheddar/mozzarella evenly over the top. If you want a crunchy topping, mix breadcrumbs with a tablespoon of melted butter and sprinkle over the cheese.
8. **Bake:** Bake uncovered for 20–25 minutes, until the top is bubbly and golden. If you prefer more browning, place under the broiler for 1–2 minutes—watch carefully to avoid burning.
9. **Rest and garnish:** Remove from the oven and let rest 5 minutes. Sprinkle with chopped fresh parsley and an extra grate of Parmesan before serving.
10. **Serve:** Dish onto plates and enjoy warm. Leftovers keep 3–4 days refrigerated; reheat covered in a 350°F (175°C) oven until warmed through.

#### Tips:

- Use leftover or rotisserie chicken to save time and deepen flavor.
- For a lighter version, replace heavy cream with additional milk and reduce the cheese slightly.
- Add sautéed bell pepper or a splash of white wine when deglazing for extra depth.

Comforting, creamy, and great for feeding a crowd — Chicken Tetrazzini is a weeknight hero with make-ahead potential.