

3 Ingredient Pasta + 4 Cheese Sauce

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Servings: 2

Ingredients:

- 1 ½ cup full fat shredded mozzarella cheese
- 1.5 large egg yolk
- ½ a little less than teaspoon xanthan gum
- Seasonings (optional)
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon parsley
- ¼ teaspoon basil
- 5 chicken strips sliced
- 1 tablespoon butter or avocado oil
- 1 teaspoon of Italian seasoning
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

- Sauce:
- 1 cup heavy whipping cream
- ½ cup almond milk
- ¼ cup grated parmesan cheese
- ¼ cup shredded mozzarella cheese
- ¼ cup shredded provolone cheese
- ¼ cup grated Romano cheese
- Salt and pepper to taste

Directions:

1. Add mozzarella cheese and xanthan gum to a large bowl and mix. Microwave for about a minute until the cheese melts.
2. Quickly mix the cheese with a spatula.
3. Add the egg yolk to the warm cheese, not hot.
4. Mix until dough forms.
5. Get out two pieces of parchment paper and sandwich the dough ball between them.
6. Roll out.
7. Cut dough into pasta noodle strands.
8. Put the pasta on a baking sheet, cover and refrigerate overnight or for at least 8 hours.
9. When ready to cook, separate the strands.
10. Add warm water to a large pot and boil on your stovetop. Once water is boiling, add pasta to it and cook for just 40 seconds to 1 minute.

11. Wash pasta underwater room temperature water and shake off any excess water that is on it.
12. Strain the pasta and plate.
13. In a pan. Add the chicken with either butter and or oil.
14. Season the chicken with seasonings.
15. Once fully cooked, remove the chicken and set it aside.
16. Make the sauce.
17. In a pot, add in heavy cream and butter.
18. Bring to a simmer over medium heat.
19. Gradually add the cheeses.
20. Reduce heat to low, And continue to stir until cheese melted.
21. Add chicken once the sauce is ready.
22. Serve sauce over pasta.

Nutrition:

Nutrition per serving:

- 7g Net Carbs
- 0g Fiber
- 8g Total Carbs
- 36g Protein
- 45g Fat
- 591 Calories