

Sweet and Savory Mac and Cheese with Honey Pepper Chicken

Creamy Honey Pepper Chicken Mac and Cheese Delight



TIME
7 min

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INGREDIENTS

For the Chicken:

2 boneless, skinless chicken breasts
2 tbsp olive oil
2 tbsp honey
1 tbsp freshly cracked black pepper
1 tsp garlic powder
1 tsp smoked paprika
Salt, to taste

For the Mac and Cheese:

2 cups elbow macaroni
2 tbsp butter
2 tbsp all-purpose flour
2 cups whole milk
1 cup heavy cream
2 cups shredded sharp cheddar
1 cup shredded mozzarella
¼ cup grated Parmesan
¼ tsp garlic powder
¼ tsp onion powder
Salt and pepper, to taste
Optional Garnish:
Chopped fresh parsley
Extra cracked black pepper
Drizzle of honey

DIRECTIONS

1. Prepare the Chicken: In a small bowl, combine honey, black pepper, garlic powder, smoked paprika, and salt.
2. Coat chicken breasts in the mixture.
3. Heat olive oil in a skillet over medium heat. Cook chicken 5-7 minutes per side until golden and cooked through. Let rest 5 minutes, then slice.
4. Make the Mac and Cheese: Cook pasta according to package directions. Drain and set aside.
5. In a saucepan, melt butter over medium heat. Whisk in flour and cook 1-2 minutes.
6. Gradually whisk in milk and cream. Simmer gently until thickened.
7. Stir in cheddar, mozzarella, and : Parmesan until smooth. Season with garlic powder, onion powder, salt, and pepper.
8. Fold in cooked macaroni.
9. Combine and Serve: Gently fold sliced chicken into the cheesy pasta.
10. Serve hot, garnished with parsley, more black pepper, and a drizzle of honey if desired.

TIPS FOR SUCCESS

Use freshly cracked black pepper for bold flavor.

Go smoky : Add a dash of chipotle powder or cayenne for extra depth.

Make it crispy : Broil with breadcrumbs and cheese for 2-3 minutes.

Meal prep tip : Make the chicken a day ahead and store separately until ready to mix. ?

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