

Golden Chicken and Penne in Garlic Parmesan Cream Sauce

Parmesan-Crusted Chicken with Penne in Creamy Sauce



TIME
45 min

TEMP
165°F

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SAVE
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INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 12 oz penne pasta
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 2 cloves garlic, minced
- Salt and pepper, to taste
- Fresh basil, for garnish
- Optional Add-Ins:
 - Sautéed spinach or sun-dried tomatoes
 - Crushed red pepper flakes for heat
 - Swap penne for rigatoni, fettuccine, or gluten-free pasta

Step-by-Step Instructions:

- 1 Cook the Pasta:
- 2 Season and Cook Chicken:
- 3 Make the Creamy Garlic Sauce:
- 4 Combine Pasta and Sauce:
- 5 Plate and Garnish:

Tips for Success:

- Pound chicken breasts for even cooking if they're thick.
- Use freshly grated Parmesan for the best flavor and melting quality.
- Add more cream or pasta water if the sauce gets too thick.

Serving Suggestions and Pairings:

A green salad or garlic bread

Chicken Enchiladas if you're hosting and want variety

Dorito Casserole for a fun, kid-approved side

Cajun Chicken Sausage Gumbo if you're in a spicy mood

Easy Turkey Wings for a Sunday dinner-style meal

Tomato Skillet with Okra and Sausage for veggie balance

Storage and Leftover Tips:

Store leftovers in an airtight container in the fridge for up to 3 days.

Reheat gently on the stovetop with a splash of cream or milk.

Not freezer-friendly due to the dairy-based sauce.

More Recipes You'll Love:

Chicken Enchiladas

DIRECTIONS

1. **Cook the Pasta:** Bring a large pot of salted water to a boil. Cook the penne according to package instructions. Drain and set aside.
2. **Season and Cook Chicken:** Season chicken breasts with salt and pepper.
3. In a large skillet over medium heat, heat the olive oil. Add the chicken and cook 6-7 minutes per side, or until golden brown and fully cooked through (internal temp 165°F). Set aside to rest, then slice.
4. **Make the Creamy Garlic Sauce:** In the same skillet (do not clean it!), reduce heat to medium-low.
5. Add minced garlic and sauté for 1 minute, just until fragrant. Pour in the heavy cream and stir in the Parmesan cheese.
6. Simmer for 2-3 minutes, stirring frequently, until the sauce thickens slightly. Taste and adjust with salt and pepper.
7. **Combine Pasta and Sauce:** Add the cooked penne to the skillet and toss until fully coated in sauce.
8. **Plate and Garnish:** Slice the chicken and serve it over the creamy pasta. Garnish with fresh basil and extra Parmesan if desired.
9. **Tips for Success:** Pound chicken breasts for even cooking if they're thick.
10. Use freshly grated : Parmesan for the best flavor and melting quality.
11. Add more cream or pasta water if the sauce gets too thick.
12. **Serving Suggestions and Pairings:** Serve this creamy pasta dish with:

13. A green salad or garlic bread
14. Chicken : Enchiladas if you're hosting and want variety
15. Dorito : Casserole for a fun, kid-approved side
16. Cajun : Chicken Sausage Gumbo if you're in a spicy mood
17. Easy : Turkey Wings for a Sunday dinner-style meal
18. Tomato : Skillet with Okra and Sausage for veggie balance
19. Storage and Leftover Tips: Store leftovers in an airtight container in the fridge for up to 3 days.
20. Reheat gently on the stovetop with a splash of cream or milk.
21. Not freezer-friendly due to the dairy-based sauce.
22. More Recipes You'll Love: Hungry for more creamy, comforting, or chicken-loaded dinners? Try:
23. Chicken : Enchiladas
24. Easy : Turkey Wings
25. Tomato : Skillet with Okra and Sausage

TIPS FOR SUCCESS

Pound chicken breasts for even cooking if they're thick.

Use freshly grated Parmesan for the best flavor and melting quality.

Add more cream or pasta water if the sauce gets too thick.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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