

## Creamy Cajun Chicken Pasta Bake: The Ultimate Weeknight Comfort Meal

Creamy Cajun Chicken Pasta Bake



**OVEN**  
**375°F**

**TIME**  
**20 min**

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**SAVE**  
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### INGREDIENTS

- 12 oz penne or rigatoni pasta
- 1 lb boneless skinless chicken breasts, diced
- 2 tbsp Cajun seasoning
- 1 tbsp olive oil
- 1 tbsp butter
- 1 red bell pepper, sliced
- 1/2 red onion, sliced
- 3 cloves garlic, minced
- 1 cup heavy cream
- 1 cup chicken broth
- 1 cup shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- Salt and black pepper, to taste
- Fresh parsley, for garnish

#### Swaps and Notes:

**Protein:** Swap chicken for shrimp or andouille sausage for a different Cajun twist.

**Pasta:** Any short pasta like fusilli, rotini, or even shells will work.

**Dairy-Free:** Substitute coconut cream and dairy-free cheese for a lactose-free version.

**Spice Level:** Adjust Cajun seasoning or add a pinch of cayenne for more heat.

#### Step-by-Step Instructions:

**Cook Pasta:** Boil pasta in salted water until al dente. Drain and set aside.

**Season & Sear Chicken:** Toss chicken with Cajun seasoning. Heat olive oil and butter in a skillet over medium heat. Sear chicken until browned and cooked through. Remove from pan.

**SautØ Veggies:** In the same skillet, add bell pepper, onion, and garlic. SautØ until soft and fragrant.

**Make the Sauce:** Pour in heavy cream and chicken broth. Stir and bring to a gentle simmer. Add Parmesan, salt, and pepper to taste.

**Combine:** Stir in the cooked pasta and chicken. Toss everything until evenly coated.

**Bake:** Transfer to a greased baking dish. Top with shredded mozzarella. Bake at 375°F for 15-20 minutes, or until cheese is melted and bubbly.

**Serve:** Garnish with parsley and serve hot.

**Tips for Success:**

Don't overcook the pasta; it continues cooking in the oven.

Use freshly grated cheese for the smoothest, creamiest melt.

Let the bake rest for 5 minutes before serving so the sauce sets slightly.

**Serving Suggestions and Pairings:**

**Storage and Leftover Tips:**

**Fridge:** Store in an airtight container for up to 4 days.

**Freezer:** Wrap tightly and freeze for up to 2 months. Reheat with a splash of cream or milk.

## DIRECTIONS

1. **Cook :** Pasta: Boil pasta in salted water until al dente. Drain and set aside.
2. **Season & : Sear Chicken:** Toss chicken with Cajun seasoning. Heat olive oil and butter in a skillet over medium heat. Sear chicken until browned and cooked through. Remove from pan.
3. **SautØ Veggies:** In the same skillet, add bell pepper, onion, and garlic. SautØ until soft and fragrant.
4. **Make the : Sauce:** Pour in heavy cream and chicken broth. Stir and bring to a gentle simmer. Add Parmesan, salt, and pepper to taste.
5. **Combine:** Stir in the cooked pasta and chicken. Toss everything until evenly coated.
6. **Bake:** Transfer to a greased baking dish. Top with shredded mozzarella. Bake at 375°F for 15-20 minutes, or until cheese is melted and bubbly.
7. **Serve:** Garnish with parsley and serve hot.
8. **Tips for Success:** Don't overcook the pasta; it continues cooking in the oven.
9. Use freshly grated cheese for the smoothest, creamiest melt.
10. Let the bake rest for 5 minutes before serving so the sauce sets slightly.
11. **Serving Suggestions and Pairings:** This pasta pairs beautifully with a crisp green salad or roasted vegetables. For drinks, serve with a chilled Strawberry Mojito or Classic Margarita. Want to turn it into a feast? Add a fun side like Sheet Pan Quesadillas or Crockpot Nacho Dip.
12. **Storage and Leftover Tips:** Fridge: Store in an airtight container for up to 4 days.

13. Freezer: Wrap tightly and freeze for up to 2 months. Reheat with a splash of cream or milk.
14. Reheat: Microwave individual servings or bake at 350°F until warmed through.
15. More Recipes You'll Love: Easy Cheesy Chicken Sliders with Marinara Garlic Butter
16. Dorito : Casserole
17. Cajun : Chicken Sausage Gumbo
18. Sheet : Pan Quesadillas
19. Final Thoughts: This Creamy Cajun Chicken Pasta Bake is the perfect mix of comfort food and bold flavor. Whether you're feeding your family or meal prepping for the week, it's a satisfying, no-fuss recipe that delivers every time.
20. If you try it out, let me know how it turned out in the comments-and don't forget to follow for more comforting, flavor-packed recipes like this!

## SWAPS & NOTES

-creamy, spicy, cheesy, and satisfying?

This Creamy Cajun Chicken Pasta Bake is the comfort food mashup you've been dreaming of.

With perfectly seasoned chicken, tender pasta, a rich Cajun cream sauce, and melty cheese baked to golden perfection, this is a dish that's as crowd-pleasing as it is simple to prepare.

Why I Love This Recipe This dish takes all the bold, zesty flavor of Cajun cuisine and wraps it in a cozy, cheesy pasta bake.

## TIPS FOR SUCCESS

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Let the bake rest for 5 minutes before serving so the sauce sets slightly.

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

Original recipe: <https://chefmaniac.com/creamy-cajun-chicken-pasta-bake-the-ultimate-weeknight-comfort-meal/>