

## Creamy Cajun Chicken Pasta with Rich Parmesan Sauce

Creamy Cajun Chicken with Parmesan Pasta Sauce



**TIME**  
**7 min**

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**ChefManiac**

### INGREDIENTS

- 1 lb chicken breast, thinly sliced
- Cajun seasoning, to taste
- 1 cup grated Parmesan cheese
- 8 oz pasta (penne or fettuccine work well)
- 1/2 cup cream or dairy-free alternative
- Salt and pepper, to taste
- Olive oil or butter, for cooking
- Optional: pasta water for thinning the sauce
- Optional garnish: extra Parmesan or fresh parsley

### DIRECTIONS

- 1.** Prepare the Chicken: In a large skillet over medium heat, add a drizzle of olive oil. Once hot, add the sliced chicken. Season generously with Cajun seasoning. Cook for 5-7 minutes, stirring occasionally, until browned and cooked through. Remove from the skillet and set aside.
- 2.** Cook the Pasta: In the same skillet (or separately), bring salted water to a boil. Add pasta and cook according to package instructions until al dente. Drain and reserve 1/4 cup pasta water.
- 3.** Make the Sauce: Lower the heat and add a touch more oil to the skillet if needed. Pour in the cream and stir in the Parmesan cheese until it melts into a smooth sauce. Season with salt and pepper. Add reserved pasta water gradually if needed to loosen the sauce.
- 4.** Combine and Toss: Return the chicken to the skillet. Add the cooked pasta and toss everything until well coated and heated through.
- 5.** Serve: Plate the pasta and top with additional Parmesan cheese or a sprinkle of fresh herbs. Serve hot and enjoy every creamy, spicy bite.

### TIPS FOR SUCCESS

Use freshly grated Parmesan -it melts better and gives the sauce a smoother texture.

Control the heat : Start with a light hand on the Cajun seasoning and add more to taste.

Reserve pasta water : It's the key to thinning and smoothing out the sauce without losing flavor.

Go one-pan by cooking the pasta first, draining, and reusing the same skillet for everything else.

