

## One-Skillet Chicken Alfredo Pasta with Broccoli and Sun-Dried Tomatoes

Craving something creamy, comforting, and filled with flavor? This



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

12 oz (340g) penne pasta  
1 lb (450g) chicken breast, sliced into strips  
2 tbsp olive oil  
4 cloves garlic, minced  
2 cups fresh broccoli florets  
1 cup heavy cream  
1/2 cup grated Parmesan cheese  
1 tsp Italian seasoning  
1/4 tsp red pepper flakes (optional)  
1/2 cup sun-dried tomatoes, chopped  
Salt and pepper, to taste  
Fresh parsley, chopped (for garnish)

### DIRECTIONS

1. Cook the Pasta: Boil penne pasta in salted water according to package directions. Drain and set aside.
2. Cook the Chicken: In a large skillet, heat olive oil over medium heat.
3. Add chicken, season with salt and pepper, and cook for 5-6 minutes until golden and cooked through.
4. Remove chicken and set aside.
5. SautØ Garlic and Broccoli: In the same skillet, add a touch more oil if needed.
6. SautØ garlic for 30 seconds until fragrant.
7. Add broccoli and cook for 3-4 minutes until bright green and just tender.
8. Make the Alfredo Sauce: Reduce heat to low.
9. Stir in the heavy cream, : Parmesan cheese, Italian seasoning, and red pepper flakes.
10. Cook for 2-3 minutes, stirring frequently, until the sauce thickens slightly.
11. Combine Everything: Stir in sun-dried tomatoes.
12. Return chicken to the skillet.
13. Add cooked penne and toss everything together until well coated.
14. Adjust salt and pepper to taste.
15. Serve: Serve immediately, garnished with parsley and extra Parmesan if desired.

### TIPS FOR SUCCESS

Use freshly grated Parmesan -it melts better and gives the sauce a smooth finish.

Cook pasta al dente so it doesn't get mushy when tossed with the sauce.

Save pasta water in case you want to loosen the sauce before serving.

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

Original recipe: <https://chefmaniac.com/one-skillet-chicken-alfredo-pasta-with-broccoli-and-sun-dried-tomatoes/>