

Marry Me Chicken Pasta - Creamy, Romantic, and Full of Flavor

It's cozy, elegant, and the perfect "impress-them-without-stressing" dinner.



TIME
6 min

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INGREDIENTS

For the Chicken:

2 large boneless, skinless chicken breasts

1 tsp Italian seasoning

$\frac{1}{2}$ tsp garlic powder

$\frac{1}{2}$ tsp salt

... tsp black pepper

2 tbsp olive oil

For the Sauce & Pasta:

3 cloves garlic, minced ?

$\frac{1}{2}$ cup chicken broth

$\frac{1}{2}$ cup heavy cream

$\frac{1}{3}$ cup sun-dried tomatoes, chopped

... tsp red pepper flakes (optional) ?

$\frac{1}{2}$ cup grated Parmesan cheese ?

8 oz penne or rigatoni pasta ?

1 tbsp fresh basil, chopped ?

Salt and black pepper, to taste

DIRECTIONS

1. **Cook the Pasta:** Bring a pot of salted water to a boil. Cook pasta according to package instructions until al dente. Drain and set aside.
2. **Season and Cook the Chicken:** Season chicken breasts with Italian seasoning, garlic powder, salt, and pepper. Heat olive oil in a large skillet over medium heat.
3. **Sear chicken** for 5-6 minutes per side, until golden brown and cooked through. Transfer to a plate and let rest for a few minutes.
4. **Make the Creamy Sauce:** In the same skillet, sauté minced garlic for 1 minute. Deglaze the pan with chicken broth, scraping up any brown bits.
5. **Add heavy cream, sun-dried tomatoes, red pepper flakes, and Parmesan cheese.** Simmer for 3-4 minutes, stirring often, until slightly thickened.
6. **Combine Everything:** Slice the cooked chicken into strips. Add chicken and cooked pasta to the skillet and toss everything together until evenly coated.
7. **Adjust seasoning** with salt and pepper, then remove from heat.
8. **Serve with Style:** Plate the pasta and top with fresh basil. Add extra Parmesan or a drizzle of olive oil if desired. Serve immediately-and prepare for compliments.

TIPS FOR SUCCESS

Pound chicken to even thickness before cooking for faster, even searing.

Don't overcook the pasta -al dente is best to hold up in the creamy sauce.

Use freshly grated Parmesan for a smoother, melt-in-your-mouth finish.

Deglaze well: Those browned bits from the chicken = major flavor.

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Original recipe: <https://chefmaniac.com/marry-me-chicken-pasta-creamy-romantic-and-full-of-flavor/>