

This Garlic Parmesan Chicken Pasta Bake Is Creamy, Cheesy, and Irresistible

Get ready to meet your next go-to comfort dish:



OVEN
375°F

TIME
5 min

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INGREDIENTS

4 boneless, skinless chicken breasts
1/2 cup flour
Salt and pepper, to taste
2 tablespoons olive oil
4 cloves garlic, minced
1 cup chicken broth
1 cup heavy cream
1/2 cup grated Parmesan cheese
1 teaspoon Italian seasoning
8 oz twisted pasta (like rotini or fusilli)
1 cup shredded mozzarella cheese
Chopped fresh parsley, for garnish

Ingredient Notes & Swaps:

Chicken: You can also use boneless thighs for more flavor and tenderness.

Pasta: Rotini holds the creamy sauce beautifully, but penne or shells work too.

Cream: Heavy cream gives you the richest texture, but half-and-half can lighten things up.

Cheese: Don't skip the mozzarella-it adds a melty finish that's irresistible.

Instructions:

Season and dredge the chicken breasts with salt, pepper, and flour.

Sear the chicken: Heat olive oil in a large skillet over medium-high heat. Sear chicken until golden brown, about 5 minutes per side. Remove and set

aside.

Make the garlic sauce: In the same skillet, sauté minced garlic for 1 minute until fragrant.

Deglaze: Add chicken broth, scraping up the brown bits.

Create the creamy base: Stir in heavy cream, Parmesan cheese, and Italian seasoning. Simmer 5 minutes until slightly thickened.

Cook pasta: Boil pasta in salted water according to package instructions. Drain and set aside.

Assemble: Preheat oven to 375°F. Return chicken to skillet and spoon sauce over top. Sprinkle with mozzarella.

Bake: Bake for 25-30 minutes, or until the chicken is fully cooked and cheese is bubbly.

Serve: Plate chicken over twisted pasta, pour extra sauce over everything, and garnish with parsley. Enjoy!

Tips for Success:

Use an oven-safe skillet so you can go straight from stovetop to oven.

Pound chicken breasts to an even thickness for consistent cooking.

Taste the sauce before baking and adjust salt or add a dash of lemon juice for brightness.

Want more garlic flavor? Add roasted garlic or a pinch of garlic powder to the cream sauce.

Serving Suggestions & Pairings:

Start with Beer Cheese Dip as a decadent appetizer.

Serve it with Dorito Casserole for a crunchy, fun contrast.

DIRECTIONS

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14. **Serving Suggestions & Pairings:** Pair this creamy chicken dish with crispy, cheesy, or tangy sides for a well-rounded meal:
15. **Start with :** Beer Cheese Dip as a decadent appetizer.
16. **Serve it with :** Dorito Casserole for a crunchy, fun contrast.
17. **Add a bold side like :** Crockpot Nacho Dip to keep the comfort food theme going.
18. **Pair with a salad and warm bread-or go all in with** Chicken Enchiladas for a two-dinner feast.
19. **Or round out the pasta vibe with :** Instant Pot Lasagna.
20. **Storage & Leftover Tips:** Store leftovers in an airtight container for up to 3 days.
21. **Reheat in a skillet over low heat with a splash of** cream or broth to restore the sauce.
22. **Freeze?** It's best fresh, but the chicken and sauce freeze well-just make the pasta fresh when serving.
23. **More Recipes You'll Love:** Instant Pot Lasagna - Another creamy, cheesy dinner win.
24. **Chicken :** Enchiladas - A flavor-packed bake that complements this dish perfectly.
25. **Dorito :** Casserole - A cheesy classic your readers can't resist.

SWAPS & NOTES

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

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