

Creamy Cajun Chicken Linguine That Brings the Heat and the Comfort

Savory Cajun Chicken over Creamy Parmesan Linguine



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30 min

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INGREDIENTS

For the Chicken:

2 boneless, skinless chicken breasts, sliced into strips

2 tablespoons olive oil

2 tablespoons Cajun seasoning

1 teaspoon smoked paprika

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

Salt and black pepper, to taste

For the Pasta:

12 oz linguine

4 cloves garlic, minced

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

1 cup heavy cream

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

Fresh parsley, chopped (for garnish)

DIRECTIONS

- 1. Season the Chicken:** In a small bowl, mix Cajun seasoning, smoked paprika, garlic powder, salt, and pepper. Rub the spice mix all over the chicken strips until coated.
- 2. Sear the Chicken:** Heat 2 tablespoons of olive oil in a large skillet over medium-high heat. Add chicken and cook for 6-7 minutes, turning occasionally, until golden brown and fully cooked. Remove from skillet and set aside.
- 3. Cook the Pasta:** Boil linguine in a large pot of salted water according to package directions. Reserve ... cup of pasta water, then drain the rest.
- 4. Make the Cream Sauce:** In the same skillet, add a bit more oil if needed. Sauté minced garlic for 1 minute until fragrant. Add chicken broth and scrape up any browned bits. Stir in heavy cream and bring to a gentle simmer for 2-3 minutes to thicken.
- 5. Combine and Finish:** Add cooked linguine to the sauce and toss to coat. Stir in Parmesan cheese until melted and creamy. Add a splash of reserved pasta water if needed. Return chicken to the skillet and combine well.
- 6. Garnish and Serve:** Sprinkle with fresh parsley and extra Parmesan before serving hot.

SWAPS & NOTES

-savory chicken, luscious sauce, and satisfying pasta.

The Cajun spice mix gives the chicken a beautiful golden crust, while the cream and Parmesan mellow everything out into velvety perfection.

Add spinach or sun-dried tomatoes for extra color and depth.

For even more heat, include a pinch of cayenne pepper or red pepper flakes .

TIPS FOR SUCCESS

Cook the pasta al dente -it will absorb flavor as it sits in the sauce.

Don't overcrowd the skillet when cooking chicken; let it get a good sear.

Use freshly grated Parmesan for the best melt and flavor.

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