

Cajun Chicken Pasta with Parmesan Sauce - Spicy, Creamy, and Packed with Flavor

Savory Cajun Chicken in Creamy Parmesan Linguine Sauce



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7 min

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INGREDIENTS

For the Cajun Chicken:

1.5 lbs boneless, skinless chicken breasts, cut into bite-sized pieces

2 tbsp Cajun seasoning

1 tbsp olive oil

1 red bell pepper, thinly sliced

1 yellow bell pepper, thinly sliced

1 medium red onion, thinly sliced

2 cloves garlic, minced

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

... cup chopped fresh parsley

For the Creamy Linguine Sauce:

1 lb linguine pasta

4 tbsp butter

1 cup heavy cream

$\frac{1}{2}$ cup grated Parmesan cheese (plus more for garnish)

... cup grated Romano cheese

... tsp red pepper flakes (optional)

Salt and black pepper, to taste

2 tbsp chopped sun-dried tomatoes, oil-packed, drained

... cup chopped fresh basil

DIRECTIONS

1. Cook the : PastaBring a large pot of salted water to a boil. Cook linguine until al dente according to package instructions. Drain and set aside.
2. Cook the : Cajun ChickenIn a large skillet, heat olive oil over medium-high heat. Toss chicken with Cajun seasoning and cook for 5-7 minutes until browned and cooked through. Remove and set aside.
3. SautØ the VeggiesIn the same pan, add the bell peppers, onion, and garlic. SautØ for 4-5 minutes until softened. Add chicken broth and scrape any browned bits off the bottom of the pan.
4. Make the : Cream SauceLower heat to medium. Add butter and melt, then stir in minced garlic and cook for 1 minute. Pour in heavy cream and bring to a simmer.
5. Add : Cheeses & FlavorStir in Parmesan, Romano, sun-dried tomatoes, red pepper flakes, salt, and pepper. Simmer until thickened slightly (about 5 minutes), stirring occasionally.
6. Combine : EverythingAdd cooked chicken and veggies back into the sauce. Toss in drained pasta, chopped basil, and parsley. Stir everything together until evenly coated.
7. Garnish & : ServeServe hot with extra Parmesan on top and a sprinkle of parsley.

TIPS FOR SUCCESS

Don't overcook the chicken : Bite-sized pieces cook quickly-remove them once done to keep them juicy.

Use freshly grated cheese : It melts better and makes your sauce ultra-smooth.

Reserve some pasta water : If your sauce thickens too much, add a splash to loosen it up.

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