

Spicy Cajun Chicken and Linguine in a Creamy Garlic Parmesan Sauce

Savory Cajun Chicken over Creamy Parmesan Linguine: The Bold Pasta Dish That Has It All



TIME
30 min

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INGREDIENTS

2 boneless, skinless chicken breasts, cut into strips
12 oz linguine pasta
2 tablespoons Cajun seasoning
1 teaspoon smoked paprika
4 cloves garlic, minced
2 tablespoons olive oil
2 tablespoons butter
1 cup heavy cream
 $\frac{1}{2}$ cup grated Parmesan cheese (plus more for garnish)
 $\frac{1}{2}$ cup chicken broth
Salt and pepper, to taste
Fresh parsley, chopped (for garnish)

DIRECTIONS

- 1.** Cook the : Pasta:Bring a large pot of salted water to a boil. Cook linguine until al dente, according to package instructions. Drain and set aside.
- 2.** Season the : Chicken:Toss chicken strips with Cajun seasoning, smoked paprika, and a pinch of salt and pepper.
- 3.** Sear the : Chicken:Heat olive oil in a large skillet over medium-high heat. Add chicken and cook 4-5 minutes per side, until golden brown and fully cooked. Remove and set aside.
- 4.** Make the : Sauce:In the same skillet, melt butter. Add minced garlic and sautø 30 seconds. Pour in chicken broth, scraping up any browned bits to infuse flavor.
- 5.** Add : Cream and Cheese:Lower heat to medium. Stir in heavy cream and bring to a gentle simmer. Add Parmesan cheese and stir until melted and the sauce slightly thickens.
- 6.** Combine : Pasta:Add cooked linguine to the skillet and toss to coat evenly in the sauce.
- 7.** Serve:Top pasta with Cajun chicken strips. Garnish with chopped parsley and extra Parmesan. Serve hot!

SWAPS & NOTES

& Swaps Cajun Seasoning: Store-bought works great, or make your own blend with paprika, garlic powder, onion powder, cayenne, and herbs.

Linguine: Fettuccine or penne work as well if you want a shape with more bite.

Cream Sub: Use half-and-half for a lighter sauce, or add cream cheese for a thicker finish.

Add Veggies: Sautø spinach or sun-dried tomatoes in the sauce for an extra layer of flavor and color.

TIPS FOR SUCCESS

Use Thin Chicken Strips: They cook faster and evenly sear without drying out.

Don't Burn the Garlic: Add it after the butter melts and sauté quickly-just until fragrant.

Simmer, Don't Boil: A gentle simmer ensures the cream doesn't curdle or reduce too quickly.

Salt the Pasta Water: This is your chance to flavor the pasta itself.

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