

Surf and Turf Pasta: Creamy Garlic Chicken and Shrimp in One Bowl

Creamy Chicken and Shrimp Pasta - The Ultimate Weeknight Indulgence



TIME
7 min

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INGREDIENTS

8 oz penne (or similar pasta like rigatoni or farfalle)
1 lb chicken breast, diced
1/2 lb shrimp, peeled and deveined
1 cup heavy cream
1 cup chicken broth
1 cup grated Parmesan cheese
2 tbsp olive oil
2 cloves garlic, minced
1 tsp paprika
Salt and pepper to taste
Fresh parsley, for garnish

DIRECTIONS

- 1.** Cook the : PastaBring a pot of salted water to a boil. Cook pasta until al dente, according to package directions. Drain and set aside.
- 2.** Cook the : ChickenIn a large skillet, heat 1 tbsp olive oil over medium heat. Add the diced chicken and cook until browned and fully cooked (about 5-7 minutes). Remove from the skillet and set aside.
- 3.** SautØ the ShrimpAdd the remaining olive oil and shrimp to the skillet. Cook until pink and opaque, about 3-4 minutes. Remove and set aside with the chicken.
- 4.** Build the : SauceIn the same skillet, sautØ minced garlic for 1 minute until fragrant. Pour in chicken broth and bring to a simmer. Stir in heavy cream and return to a low simmer.
- 5.** Cheese : It UpAdd Parmesan cheese, paprika, salt, and pepper. Stir well until the sauce thickens slightly.
- 6.** Bring : It TogetherReturn the chicken and shrimp to the skillet. Add the cooked pasta and toss everything to coat. Cook for an additional 2-3 minutes until heated through.
- 7.** Garnish and : ServeTop with fresh parsley and extra Parmesan before serving.

SWAPS & NOTES

Pasta Options: Swap penne for linguine, fettuccine, or gluten-free pasta.

Protein Swaps: Try scallops instead of shrimp, or omit shrimp for an all-chicken version.

Dairy-Free Cream: Use coconut cream or a non-dairy alternative for a lighter twist.

Add Veggies: Toss in spinach, sun-dried tomatoes, or mushrooms for extra flavor and texture.

TIPS FOR SUCCESS

They only need 2-3 minutes per side.

It melts better and gives richer flavor.

Deglaze with white wine instead of chicken broth for an elegant twist.

Add a splash to loosen the sauce if needed.

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

Original recipe: <https://chefmaniac.com/surf-and-turf-pasta-creamy-garlic-chicken-and-shrimp-in-one-bowl/>