

## One-Pan Cajun Chicken with Peppers, Asparagus & Cream Sauce

This Spicy Chicken with Peppers and Cream Sauce Is a Weeknight Hero



OVEN  
400°F

TIME  
6 min

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SAVE  
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### INGREDIENTS

- 2 boneless skinless chicken breasts ?
- 1 red bell pepper, sliced ?
- 1 yellow bell pepper, sliced ?
- 1 green bell pepper, sliced ?
- 2 cups jasmine rice ?
- 1 bunch asparagus, trimmed ?
- 1 cup heavy cream ?
- 2 tablespoons Cajun seasoning ?
- Salt, pepper, and fresh basil for garnish ??
- 2 tablespoons olive oil ?

### DIRECTIONS

1. Cook the : RicePrepare jasmine rice according to package directions. Fluff and set aside.
2. Season and : Sear the ChickenSeason chicken breasts with Cajun seasoning, salt, and pepper. Heat 1 tablespoon olive oil in a skillet over medium-high heat. Sear chicken for 5-6 minutes per side until golden and cooked through. Remove, rest for 5 minutes, then slice.
3. SautØ the Peppers and Make SauceIn the same skillet, add the remaining oil. SautØ the sliced bell peppers for about 5 minutes until tender. Lower heat and stir in heavy cream, scraping up any bits from the pan. Let simmer for 2-3 minutes until slightly thickened.
4. Return : Chicken to PanAdd sliced chicken back to the pan, coating with the creamy pepper mixture. Simmer on low for 1-2 minutes to bring flavors together.
5. Roast the : AsparagusToss asparagus with olive oil, salt, and pepper. Spread on a baking sheet and roast at 400°F for 10 minutes until crisp-tender.
6. Assemble and : ServePlate a bed of jasmine rice, top with creamy chicken and bell peppers, and add asparagus on the side. Garnish with chopped fresh basil.

### SWAPS & NOTES

It's creamy, spicy, and full of fresh veggies-exactly the kind of dinner that tastes like a treat but is easy enough for any night of the week.

The Cajun seasoning gives the chicken a smoky kick, while bell

peppers add natural sweetness and crunch.

Use basmati, brown rice, or even quinoa.

Lighten it up : Sub half-and-half for heavy cream or use a dairy-free alternative.

## TIPS FOR SUCCESS

Cut the chicken evenly to ensure quick, uniform cooking.

Use a heavy pan for the sear-it makes all the difference in texture.

Don't overcook the asparagus -10 minutes keeps it snappy and vibrant.

Adjust spice to taste : add extra cayenne or hot sauce if you want more heat. ?

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

Original recipe: <https://chefmaniac.com/one-pan-cajun-chicken-with-peppers-asparagus-cream-sauce/>