

## Creamy Cajun Chicken Pasta: A Spicy One-Pan Delight

bold flavors, creamy sauces, and a little heat



**TIME**  
**30 min**

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### INGREDIENTS

For the Chicken:

2 boneless, skinless chicken breasts, sliced into thin strips

1 tablespoon Cajun seasoning

1/2 teaspoon salt

1/2 teaspoon black pepper

1 tablespoon olive oil

1 tablespoon unsalted butter

For the Sauce and Pasta:

3 cloves garlic, minced

1 cup heavy cream

1/2 cup chicken broth

3/4 cup grated Parmesan cheese

1 teaspoon Cajun seasoning (adjust for spice level)

1/2 teaspoon paprika (for extra smokiness)

8 ounces penne pasta (or your favorite shape)

1/2 cup diced tomatoes (optional, for freshness)

1/4 cup chopped parsley (for garnish)

How to Make Creamy Cajun Chicken Pasta (Step-by-Step):

1. Cook the Pasta:

2. Season and Sear the Chicken:

3. Make the Creamy Cajun Sauce:

4. Combine Everything:

5. Serve and Enjoy:

Pro Tips for the Best Cajun Chicken Pasta:

Use fresh Parmesan - it melts better and gives the sauce a smooth, rich texture.

Want more spice? Increase the Cajun seasoning or add red pepper flakes.

Don't overcook the chicken - sear it quickly over high heat to keep it juicy.

Make it lighter - swap heavy cream for half-and-half or a mix of milk and Greek yogurt.

What to Serve With This Dish:

Garlic bread - perfect for soaking up extra sauce.

A fresh green salad - to balance out the richness.

Steamed broccoli or asparagus - adds a nice crunch.

FAQs (From My Kitchen to Yours):

Why You Need to Try This Recipe:

## DIRECTIONS

1. **Cook the Pasta:** Bring a large pot of salted water to a boil and cook your pasta until al dente. Reserve 1/2 cup of pasta water, then drain and set aside.
2. **Season and Sear the Chicken:** In a bowl, toss the sliced chicken with Cajun seasoning, salt, and black pepper.
3. **Heat olive oil and butter in a large skillet over medium-high heat. Add the chicken and cook for about 3-4 minutes per side until golden brown and fully cooked. Remove from the pan and set aside.**
4. **Make the Creamy Cajun Sauce:** In the same skillet, add a little more butter if needed. Sauté the garlic for about 30 seconds until fragrant. Pour in the chicken broth and scrape up any browned bits from the pan-this adds tons of flavor!
5. **Reduce the heat to medium-low and stir in the heavy cream, Parmesan, Cajun seasoning, and paprika. Let the sauce simmer for 2-3 minutes, stirring occasionally.**
6. **Combine Everything:** Return the cooked pasta to the skillet, tossing it in the sauce. If the sauce is too thick, add a splash of the reserved pasta water. Stir in the diced tomatoes (if using) for extra freshness.
7. **Finally, add the cooked chicken back into the pan and toss everything together. Let it cook for another 1-2 minutes so the flavors blend.**
8. **Serve and Enjoy:** Sprinkle with chopped parsley and extra Parmesan before serving. If you like an extra spicy kick, add a pinch of red pepper flakes on top!
9. **Pro Tips for the Best Cajun Chicken Pasta:** Use fresh Parmesan - it melts better and gives the sauce a smooth, rich texture.

10. Want more spice? Increase the Cajun seasoning or add red pepper flakes.
11. Don't overcook the chicken - sear it quickly over high heat to keep it juicy.
12. Make it lighter - swap heavy cream for half-and-half or a mix of milk and Greek yogurt.
13. What to Serve With This Dish: This pasta is already a meal on its own, but if you want a side, try:
14. Garlic bread - perfect for soaking up extra sauce.
15. A fresh green salad - to balance out the richness.
16. Steamed broccoli or asparagus - adds a nice crunch.
17. FAQs (From My Kitchen to Yours): Q: Can I make this with shrimp instead of chicken?A: Absolutely! Just season the shrimp the same way and cook them for 2-3 minutes per side until pink and opaque.
18. Q: Can I use milk instead of heavy cream?A: You can, but the sauce won't be as thick. Try mixing milk with a little cornstarch to help thicken it.
19. Q: How do I store leftovers?A: Store in an airtight container in the fridge for up to 3 days. Reheat in a pan over low heat, adding a splash of cream or broth if needed.
20. Q: Can I make this pasta gluten-free?A: Yes! Just swap the pasta for a gluten-free alternative like chickpea or rice pasta.
21. Why You Need to Try This Recipe: This Creamy Cajun Chicken Pasta is the perfect balance of spicy, creamy, and satisfying. It tastes like a restaurant dish but is so easy to make at home-all in just 30 minutes!
22. Try it for dinner this week and let me know how it turns out! Do you like it spicier? Creamier? I'd love to hear how you put your own twist on it. Happy cooking!

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

Original recipe: <https://chefmaniac.com/creamy-cajun-chicken-pasta-a-spicy-one-pan-delight/>