

Creamy Tomato Chicken Penne: A Cozy One-Pot Pasta Favorite

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TIME
30 min

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INGREDIENTS

250g penne pasta
2 chicken breasts, sliced into strips
1 tbsp olive oil
2 cloves garlic, minced
1 cup tomato sauce
½ tsp salt
½ tsp black pepper
½ tsp paprika
½ tsp dried oregano
1 cup heavy cream
½ cup grated Parmesan cheese
Fresh basil, chopped (for garnish)

DIRECTIONS

- 1. Cook the Pasta:** Boil a pot of salted water and cook the penne until al dente. Drain and set aside.
- 2. Cook the Chicken:** Heat olive oil in a large pan over medium heat. Add the chicken strips and cook until golden and fully cooked, about 5-7 minutes. Remove the chicken and set aside.
- 3. Build the Sauce:** In the same pan, sauté the minced garlic for about 30 seconds, just until fragrant. Pour in the tomato sauce and stir in salt, pepper, paprika, and oregano. Simmer for 3 minutes to let the flavors develop.
- 4. Add the Cream & Chicken:** Reduce heat to low and stir in the heavy cream, mixing until smooth. Return the chicken to the pan and simmer for 2-3 minutes to coat.
- 5. Finish the Dish:** Stir in the Parmesan cheese until fully melted. Add the cooked penne pasta and toss until everything is well combined and creamy.
- 6. Garnish and Serve:** Top with fresh basil and more Parmesan if desired. Serve hot and enjoy that silky, savory goodness.

TIPS FOR SUCCESS

Don't overcook the chicken- remove once golden so it stays juicy when reheated in the sauce.

Heavy cream gives the best richness, but you can sub half-and-half for a lighter version.

Add red pepper flakes or a dash of hot sauce to the tomato base.

This recipe works great with gluten-free penne or even short pasta like rotini or rigatoni .

