

## Easy 30-Minute Creamy Chicken Pasta with Asparagus & Mushrooms

1 lb of boneless, skinless chicken breasts, cut into 1-inch bite-sized pieces.



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

**Pasta:** 8 ounces of your favorite pasta. I love using fettuccine, penne, or bow-tie (farfalle) for this.

**Chicken:** 1 lb of boneless, skinless chicken breasts, cut into 1-inch bite-sized pieces.

**Vegetables:** 8 ounces cremini (baby bella) mushrooms, sliced.

1 bunch of asparagus (about 1 lb), woody ends trimmed, and cut into 1-2 inch pieces.

**For the Sauce:** 2 tablespoons olive oil

1 tablespoon butter

4 cloves garlic, minced

1 small shallot, finely chopped (optional, but adds great flavor)

$\frac{1}{2}$  cup dry white wine, like Sauvignon Blanc or Pinot Grigio (or chicken broth)

1  $\frac{1}{2}$  cups heavy cream

$\frac{3}{4}$  cup grated Parmesan cheese, plus more for serving

**Seasoning:** Salt and freshly ground black pepper to taste.

**Garnish:** Fresh parsley, chopped.

**Swaps and Notes:**

**Pasta:** Any pasta shape works! Use long strands like linguine to catch the sauce or short shapes like rigatoni to hold it in their ridges.

**Protein:** Not a chicken fan? This works beautifully with shrimp (add them at the end and cook until

pink) or even sliced Italian sausage. For a vegetarian option, omit the chicken and double the mushrooms.

**Veggies:** Feel free to add a cup of fresh spinach, stirring it in at the end until it wilts. Sun-dried tomatoes or frozen peas (thawed) are also fantastic additions.

**To Lighten it Up:** You can substitute the heavy cream with half-and-half or evaporated milk, but the sauce will be less rich and thick. I don't recommend using regular milk, as it can curdle.

**Wine Substitute:** If you prefer not to cook with wine, you can use an equal amount of chicken or vegetable broth to deglaze the pan. It will just have a slightly different flavor profile.

**How to Make Creamy Mushroom Asparagus Chicken Pasta: Step-by-Step:**

**Cook the Pasta:** Bring a large pot of salted water to a boil. Add the pasta and cook according to package directions until al dente. Before draining, reserve about 1 cup of the starchy pasta water. This is liquid gold for your sauce later!

**Cook the Chicken:** While the pasta cooks, season the chicken pieces generously with salt and pepper. Heat the olive oil in a large skillet or Dutch oven over medium-high heat. Add the chicken in a single layer and cook for 5-7 minutes, stirring occasionally, until golden brown and cooked through. Remove the chicken from the skillet and set it aside.

**Saut  the Veggies:** To the same skillet, add the butter. Once melted, add the sliced mushrooms and cook until they have released their liquid and started to brown, about 5-7 minutes. Add the asparagus pieces and cook for another 3-4 minutes until tender-crisp.

**Build the Sauce:** Add the minced garlic and shallot to the skillet and cook for about 1 minute until fragrant. Pour in the white wine (or broth) to deglaze the pan, scraping up any delicious browned bits from the bottom. Let it simmer for 2 minutes until the wine has reduced by about half.

**Make it Creamy:** Reduce the heat to low and pour in the heavy cream. Bring it to a gentle simmer (don't let it boil rapidly) and let it thicken slightly, about 3-4 minutes. Stir in the grated Parmesan cheese until the sauce is smooth. Season with salt and pepper to taste.

**Combine Everything:** Return the cooked chicken to the skillet. Add the drained pasta. Toss everything together to coat in the creamy sauce. If the sauce seems too thick, add a splash of the reserved pasta water until it reaches your desired consistency.

**Serve:** Divide the pasta among bowls, garnish with fresh parsley and an extra sprinkle of Parmesan cheese. Serve immediately.

#### Tips for Success:

**Don't Overcook the Asparagus:** You want it to be bright green and have a slight bite to it. Mushy asparagus is nobody's friend.

**Brown the Mushrooms Properly:** Let them cook without stirring too much at first. This allows them to develop a deep, savory, caramelized flavor.

**Save Your Pasta Water!** This starchy water is an emulsifier and helps the sauce cling to the pasta beautifully while also allowing you to thin it out without making it watery.

**Use Freshly Grated Parmesan:** The pre-shredded kind in a bag contains anti-caking agents and won't melt as smoothly into your sauce. A block of Parmesan is always better.

**Storage and Leftover Tips:**

**More Recipes You'll Love:**

**Chicken Enchiladas:** The ultimate cozy and crowd-pleasing dinner.

## DIRECTIONS

1. **Cook the : Pasta:** Bring a large pot of salted water to a boil. Add the pasta and cook according to package directions until al dente. Before draining, reserve about 1 cup of the starchy pasta water. This is liquid gold for your sauce later!
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11. **Use : Freshly Grated Parmesan:** The pre-shredded kind in a bag contains anti-caking agents and won't melt as smoothly into your sauce. A block of Parmesan is always better.
12. **Storage and Leftover Tips:** This pasta is best enjoyed fresh, as cream sauces can thicken and separate upon reheating. However, if you have leftovers, store them in an airtight container in the refrigerator for up to 3 days. To reheat, gently warm it in a skillet over low heat with a splash of milk or cream to loosen the sauce back up.
13. **More Recipes You'll Love:** If you enjoy easy, satisfying meals that bring big flavor to the table, you should definitely check these out:
14. **Chicken : Enchiladas:** The ultimate cozy and crowd-pleasing dinner.
15. **Cajun : Chicken Sausage Gumbo:** A true bowl of Southern comfort that's packed with flavor.
16. **One-: Pan Breakfast Bake:** For another easy, all-in-one meal, this time for breakfast!
17. **Pecan : Pie Bars:** The perfect sweet treat to follow up your delicious dinner.
18. **Easy : Coconut Macaroons:** A super simple, 3-ingredient dessert for when you need something sweet, fast.
19. **Final Thoughts:** This Creamy Mushroom Asparagus Chicken Pasta has all the hallmarks of a keeper: it's fast, it's flavorful, and it feels just a little bit fancy. It's a celebration of fresh ingredients coming together in the most delicious way. I hope you give this recipe a try and that it becomes a new favorite in your home.
20. **Let me know what you think in the comments below! And don't forget to follow me on social media for more recipes that make weeknight cooking something to look forward to. Enjoy!**

## SWAPS & NOTES

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This works beautifully with shrimp (add them at the end and cook until pink) or even sliced Italian sausage.

For a vegetarian option, omit the chicken and double the mushrooms.

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## TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/easy-30-minute-creamy-chicken-pasta-with-asparagus-mushrooms/>