

Creamy Sun-Dried Tomato Chicken Pasta That Will Win Anyone Over

? A Creamy, Crowd-Pleasing Dish That Wins Every Time



TIME
30 min

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INGREDIENTS

2 tablespoons olive oil
1 lb boneless, skinless chicken breasts, halved horizontally
Salt and black pepper, to taste
1 teaspoon garlic powder
1 teaspoon onion powder
3 cloves garlic, minced
¾ cup chicken broth
1 cup heavy cream
¾ cup grated Parmesan cheese
¾ cup sun-dried tomatoes, drained and chopped
1 teaspoon Italian seasoning
8 oz penne or your favorite pasta
Fresh basil or parsley, chopped (for garnish)

DIRECTIONS

1. Cook the Pasta:: Boil pasta according to package directions. Drain and set aside.
2. Season & Sear the Chicken:: Season chicken with salt, pepper, garlic powder, and onion powder.
3. Heat olive oil in a skillet over medium-high heat.
4. Sear chicken until golden brown and cooked through, about 4-5 minutes per side. Remove and set aside.
5. Make the Cream Sauce:: In the same skillet, sauté minced garlic for about 30 seconds.
6. Deglaze with chicken broth, scraping up any browned bits.
7. Stir in heavy cream, : Parmesan cheese, sun-dried tomatoes, and Italian seasoning. Simmer for 3-4 minutes until slightly thickened.
8. Combine:: Slice the chicken and return it to the skillet along with cooked pasta.
9. Toss to coat everything evenly in the sauce.
10. Garnish with chopped basil or parsley and serve hot.

TIPS FOR SUCCESS

Cut chicken evenly for quicker, more consistent cooking.

Use sun-dried tomatoes in oil for extra flavor-just drain before chopping.

Add a pinch of red pepper flakes if you want a little kick.

Swap penne for linguine, rigatoni, or gluten-free pasta if needed.

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