

Creamy Cajun Chicken Pasta - A Spicy, Saucy Weeknight Favorite

Creamy Cajun Chicken Pasta ?? Bold, Cheesy, and Incredibly Comforting



TIME
30 min

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INGREDIENTS

For the Blackened Cajun Chicken:

2 boneless skinless chicken breasts

1 tbsp olive oil

1 tbsp Cajun seasoning

1/2 tsp garlic powder

Salt and pepper, to taste

For the Creamy Cajun Pasta:

10 oz rigatoni or penne pasta

2 tbsp butter

3 cloves garlic, minced

1 red bell pepper, diced

1/4 cup red onion, finely chopped

1 cup heavy cream

1/2 cup chicken broth

1/2 cup grated Parmesan cheese

1 tsp Cajun seasoning (more to taste)

1/4 tsp smoked paprika

Optional: pinch of crushed red pepper flakes

Fresh parsley, chopped (for garnish)

DIRECTIONS

1. Step 1: Cook the Chicken: Coat chicken breasts in olive oil, Cajun seasoning, garlic powder, salt, and pepper.
2. Sear in a hot skillet for 5-6 minutes per side, until cooked through and blackened.
3. Remove from heat and let rest, then slice thinly.
4. Step 2: Cook the Pasta: Boil rigatoni in salted water until al dente. Drain and set aside.
5. Step 3: SautØ the Veggies: In a large skillet, melt butter over medium heat.
6. Add red bell pepper and onion, cooking for 3-4 minutes until softened.
7. Add minced garlic and cook for 30 seconds.
8. Step 4: Make the Sauce: Stir in heavy cream, chicken broth, Parmesan, Cajun seasoning, paprika, and red pepper flakes.
9. Simmer for 4-5 minutes, stirring often, until the sauce thickens.
10. Step 5: Combine and Serve: Add cooked pasta to the sauce and toss to coat evenly.
11. Adjust seasoning to taste.
12. Top with sliced blackened chicken and sprinkle with fresh parsley.

TIPS FOR SUCCESS

Don't overcook the chicken -you want a juicy center and crisp blackened edges.

Use good-quality Cajun seasoning or make your own for better flavor control.

Add mushrooms or spinach to the sauce for extra texture and nutrients.

Swap chicken for shrimp or spicy sausage for a fun variation.

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

Original recipe: <https://chefmaniac.com/creamy-cajun-chicken-pasta-a-spicy-saucy-weeknight-favorite/>