

Creamy Garlic Parmesan Tortellini with Chicken & Broccoli: Easy Weeknight Dinner

Tonight's dinner was an absolute winner, and I can't wait to share it with you! This



TIME
2 min

TEMP
165°F

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INGREDIENTS

1 lb boneless skinless chicken breast, cut into bite-sized pieces

1 tablespoon olive oil

1 tablespoon butter

1 tablespoon Cajun seasoning

4 cloves garlic, minced

1 1/2 cups heavy cream

1/2 cup chicken broth

1/2 teaspoon onion powder

1/2 teaspoon smoked paprika

1 cup freshly grated Parmesan cheese

20 oz refrigerated cheese tortellini

2 cups small broccoli florets (fresh or thawed if frozen)

Salt and pepper to taste

Swaps and Notes:

Chicken Breast: Boneless, skinless chicken thighs can be used for an even juicier result. Adjust cooking time slightly.

Cajun Seasoning: Adjust to your preferred spice level. If you prefer less heat, use a milder blend or reduce the amount.

Garlic: Freshly minced garlic is highly recommended for the best aromatic flavor.

Heavy Cream: This is essential for a rich, thick, and luxurious sauce. Do not substitute with milk or half-and-half, as the sauce may not thicken

properly or could curdle.

Chicken Broth: Low-sodium chicken broth is recommended to control the salt content of the sauce. Vegetable broth can be substituted.

Smoked Paprika: Adds a lovely smoky depth to the sauce. Regular paprika can be used, but the flavor will be milder.

Parmesan Cheese: Freshly grated Parmesan cheese (Parmigiano-Reggiano) will yield the best flavor and melt. Pre-grated cheese can be used in a pinch, but fresh is superior.

Refrigerated Cheese Tortellini: Look for fresh or refrigerated tortellini in the pasta aisle for quick cooking. Dried tortellini can also be used, but cook according to its package directions.

Broccoli Florets: Fresh broccoli provides the best texture and color. If using frozen, thaw them before adding to the boiling water during the last 2 minutes. Other vegetables like chopped asparagus or spinach can be added.

Seasoning: Always taste and adjust salt and pepper at the end.

DIRECTIONS

1. Let's get this cozy, creamy, and cheesy tortellini dish cooking in your skillet!
2. **Cook : Chicken:** Start by heating the olive oil and butter in a large skillet (a deep, wide skillet works best for tossing everything later) over medium-high heat. Add the chicken pieces and season them generously with the Cajun seasoning. Sear the chicken, stirring occasionally, until it's beautifully golden brown on all sides and fully cooked through, about 6-8 minutes. Use a meat thermometer to ensure the internal temperature reaches 165°F (74°C). Once cooked, remove the chicken from the skillet and set it aside on a plate.
3. **Make the : Creamy Garlic Sauce Base:** In the same skillet (no need to clean it; those browned bits are flavor!), add the minced garlic and sauté for just 30 seconds until it becomes fragrant. Be careful not to let the garlic brown or burn, as it will taste bitter. Pour in the heavy cream and chicken broth. Stir in the onion powder and smoked paprika. Stir everything well to combine, and bring the mixture to a gentle simmer over medium heat.
4. **Thicken : Sauce with Parmesan:** Reduce the heat to low. Add the freshly grated Parmesan cheese to the simmering sauce. Stir continuously until the cheese is completely melted and incorporated, and the sauce is thick, creamy, and smooth. Keep the sauce warm over very low heat.
5. **Cook : Tortellini & Broccoli:** While the sauce simmers, bring a large pot of salted boiling water to a rolling boil. Add the refrigerated cheese tortellini and cook according to package instructions until al dente.

During the last 2 minutes of the tortellini's cooking time, toss in the small broccoli florets (fresh or thawed if frozen). This allows the broccoli to become tender-crisp. Drain the tortellini and broccoli together very well.

6. **Combine & : Simmer:** Return the cooked chicken to the skillet with the creamy garlic Parmesan sauce. Add the drained tortellini and broccoli to the skillet as well. Toss everything gently but thoroughly until it's fully coated in the luscious sauce. Let it simmer together for another 2-3 minutes, stirring occasionally, so all the flavors come together and warm through.
7. **Serve:** Taste the dish and adjust seasoning with additional salt and pepper if needed. Serve hot, with extra freshly grated Parmesan cheese sprinkled on top. Enjoy every bite of this cheesy, creamy comfort food!

SWAPS & NOTES

Chicken Breast: Boneless, skinless chicken thighs can be used for an even juicier result.

Cajun Seasoning: Adjust to your preferred spice level.

If you prefer less heat, use a milder blend or reduce the amount.

Garlic: Freshly minced garlic is highly recommended for the best aromatic flavor.

TIPS FOR SUCCESS

Don't Overcook Chicken: Chicken breasts can dry out quickly.

Sear until golden and cooked through, then remove promptly.

Watch the Garlic: Garlic burns easily!

Keep the heat low and stir constantly when it's in the pan.

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

Original recipe: <https://chefmaniac.com/creamy-garlic-parmesan-tortellini-with-chicken-broccoli-easy-weeknight-dinner/>