

One-Pot Creamy Tuscan Chicken Pasta - An Easy, Flavorful Dinner in 30 Minutes

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TIME
30 min

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INGREDIENTS

- 1 tablespoon olive oil
- 1 lb boneless, skinless chicken breasts or thighs, cut into 1-inch pieces
- 1/2 teaspoon salt (plus more for pasta water)
- 1/4 teaspoon black pepper
- 1 teaspoon dried Italian seasoning
- 2 tablespoons unsalted butter
- 1/2 cup yellow onion, finely diced (or 1 small shallot, minced)
- 3 cloves garlic, minced
- 1/2 cup sun-dried tomatoes (oil-packed), drained and chopped
- 4 cups chicken broth (low sodium recommended)
- 12 ounces penne or fettuccine pasta, uncooked
- 5-6 ounces fresh baby spinach
- 1 cup heavy cream (or half-and-half)
- 1/2 cup grated Parmesan cheese, plus more for serving
- Optional Garnish: Fresh basil or parsley

DIRECTIONS

1. Let's get this delicious one-pan meal cooking in 30 minutes!
2. Sear : Chicken: In a large (12-inch or larger) high-sided skillet or Dutch oven with a tight-fitting lid, heat the olive oil over medium-high heat. Add the cubed chicken, seasoned with 1/2 teaspoon salt, 1/4 teaspoon black pepper, and 1 teaspoon dried Italian seasoning. Cook for 5-7 minutes, stirring occasionally, until lightly browned on all sides and cooked through. Remove the chicken from the skillet and set aside.
3. SautØ Aromatics: Reduce heat to medium. Add the unsalted butter to the same skillet. Add the finely diced onion (or shallot) and cook for 3-5 minutes until softened. Add the minced garlic and chopped sun-dried tomatoes. Cook for another 1-2 minutes until fragrant.
4. Add : Broth & Pasta: Pour in the chicken broth, scraping up any browned bits from the bottom of the pan - these are packed with flavor! Stir in the uncooked penne or fettuccine pasta. Make sure all the pasta is submerged in the liquid.
5. Simmer & : Cook Pasta: Bring the mixture to a gentle simmer. Reduce the heat to medium-low, cover the skillet tightly, and simmer for 15-20 minutes, or until the pasta is tender and most of the liquid has been absorbed. Stir occasionally to prevent sticking.
6. Add : Spinach & Cream: Once the pasta is tender, stir in the fresh baby spinach, a handful at a time, allowing it to wilt down before adding more. Once all spinach is wilted, stir in the heavy cream (or half-and-half) and 1/2 cup of the grated Parmesan

cheese. Stir until the cheese is melted and the sauce is smooth and creamy.

7. **Combine & : Serve:** Return the cooked chicken to the skillet, nestling it into the pasta mixture. Taste and adjust seasoning (salt, pepper) if needed. Garnish with extra grated Parmesan cheese and fresh basil or parsley if desired. Serve hot directly from the pan.

SWAPS & NOTES

Chicken: Both chicken breasts and thighs work wonderfully. Cut them into similar-sized pieces for even cooking.

You can also use cooked, shredded rotisserie chicken (add with the pasta and broth).

Pasta: Penne is great for catching the creamy sauce, but fettuccine or linguine (broken in half) would also work

beautifully, absorbing all the flavors.

TIPS FOR SUCCESS

Don't Pre-Cook Pasta: The magic of a one-pan pasta is that the pasta cooks directly in the sauce, absorbing flavor and releasing starches that thicken the sauce.

Sear Chicken First: Browning the chicken adds a crucial depth of flavor to the entire dish.

Stir Occasionally: While the pasta is simmering, give it a stir every few minutes to prevent sticking to the bottom of the pan and ensure even cooking.

Don't Overcook Pasta: Penne will be tender but should still have a slight bite.

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