

## Fiery Honey Pepper Chicken & Creamy Macaroni: Sweet, Spicy & Comforting

Fiery Honey Pepper Chicken & Creamy Macaroni



**TIME**  
**6-7 min**

**TEMP**  
**165°F**

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### INGREDIENTS

2 chicken breasts, boneless and skinless (about 1 lb total)  
Salt and pepper to taste  
1 tablespoon olive oil  
1/2 cup honey  
1/4 cup soy sauce  
1 tablespoon apple cider vinegar  
1 teaspoon ground black pepper  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/4 teaspoon ground cayenne pepper (adjust to taste for spiciness)  
8 ounces macaroni pasta (elbow macaroni recommended)  
2 tablespoons butter (unsalted recommended)  
2 tablespoons all-purpose flour  
2 cups milk (whole or 2% recommended)  
2 cups sharp cheddar cheese, shredded  
1 cup mozzarella cheese, shredded  
Parsley, chopped for garnish (optional)

#### Swaps and Notes:

Chicken Breasts: Boneless, skinless chicken thighs can be used for extra juiciness; adjust cooking time slightly.

Honey Pepper Chicken Glaze: Honey: Any type of honey works. Maple syrup can be a substitute for a different flavor.

**Soy Sauce:** Use regular or low-sodium soy sauce. Tamari for a gluten-free option.

**Apple Cider Vinegar:** Adds a tangy brightness that balances the sweetness.

**Ground Black Pepper:** Use freshly ground black pepper for best flavor. You can increase this for a bolder pepper flavor.

**Cayenne Pepper:** Adjust the amount (1/4 teaspoon to more) to your preferred spice level. Omit for no heat.

**Garlic Powder/Onion Powder:** Provide a foundational savory flavor.

**Macaroni Pasta:** Elbow macaroni is classic. Other small pasta shapes like cavatappi or small shells would also work.

**Creamy Macaroni Cheese: Butter:** Unsalted butter is recommended to control saltiness.

**All-Purpose Flour:** Used to make a roux, which thickens the cheese sauce.

**Milk:** Whole milk or 2% milk will yield the creamiest sauce.

**Sharp Cheddar & Mozzarella:** The combination of sharp cheddar (for flavor) and mozzarella (for stretchiness and gooiness) is fantastic. Other good melting cheeses like Colby Jack, Gruyere, or a Mexican blend can be used.

**Parsley:** Fresh chopped parsley adds a beautiful pop of color and freshness for garnish.

## DIRECTIONS

1. Let's cook this delicious : Fiery Honey Pepper Chicken & Creamy Macaroni!
2. Prepare : Chicken: Season the boneless, skinless chicken breasts generously with salt and pepper on both sides. In a large skillet (oven-safe if you plan to keep the chicken warm with the sauce later, or just a regular large skillet), heat the 1 tablespoon of olive oil over medium heat. Add the seasoned chicken breasts and cook until they are golden brown on each side (about 6-7 minutes per side) and fully cooked through (internal temperature reaches 165°F / 74°C). Remove the cooked chicken from the skillet and set it aside on a plate.
3. Make : Honey Pepper Sauce: In the same skillet (no need to clean it; those browned bits are flavor!), combine the 1/2 cup honey, 1/4 cup soy sauce, 1 tablespoon apple cider vinegar, 1 teaspoon ground black pepper, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, and 1/4 teaspoon ground cayenne pepper. Stir well to combine. Bring the sauce to a gentle simmer over medium heat and let it simmer, stirring occasionally, for 2-3 minutes until it has thickened slightly and is glossy.
4. Combine : Chicken & Sauce: Slice the cooked chicken breasts into strips (or bite-sized pieces). Return the sliced chicken to the skillet with the hot honey pepper sauce. Toss gently to ensure all the chicken is thoroughly coated in the delicious glaze. Keep warm over very low heat.
5. Cook : Pasta: While the chicken is cooking, bring a large pot of salted water to a rolling boil. Add the 8 ounces of macaroni pasta and cook according to package

instructions until it is al dente (cooked through but still slightly firm to the bite). Drain the cooked macaroni well and set aside.

6. **Make : Cheese Sauce:** In a separate medium-sized pot or saucepan, melt the 2 tablespoons of butter over medium heat. Stir in the 2 tablespoons of all-purpose flour. Cook for 1-2 minutes, stirring constantly, to create a roux (a thick paste). Gradually whisk in the 2 cups of milk, a little at a time, until the mixture is smooth and lump-free. Continue to whisk and cook until the sauce has thickened (about 5-7 minutes). Remove the pot from heat. Gradually add the 2 cups of shredded sharp cheddar cheese and 1 cup of shredded mozzarella cheese, stirring until the cheeses are completely melted and the sauce is thick, creamy, and smooth. Season the cheese sauce generously with salt and pepper to taste.
7. **Combine : Pasta and Sauce:** Add the drained cooked macaroni to the pot with the cheese sauce. Stir well until all the macaroni is fully coated in the creamy cheese sauce.
8. **Serve:** To serve, dish out a hearty portion of the creamy macaroni cheese onto plates. Top the macaroni with the sliced honey pepper chicken. Garnish with fresh chopped parsley, if desired. Enjoy this delicious and satisfying comfort meal!

## SWAPS & NOTES

with this incredible Fiery Honey Pepper Chicken & Creamy Macaroni !

Tender chicken breasts are coated in a vibrant, sticky honey-pepper glaze, then served atop a luscious, cheesy macaroni and cheese.

It's a delightful combination of comforting textures and bold flavors, making it the perfect meal for a cozy night in, a fun family dinner, or whenever you crave something truly satisfying and delicious.

Why I Love This Recipe This Fiery Honey Pepper Chicken & Creamy Macaroni dish is an absolute winner in my kitchen!

## TIPS FOR SUCCESS

**Don't Overcook Chicken:** Chicken breasts cook quickly.

Remove them from the pan as soon as they are cooked through to keep them juicy.

**Simmer Sauce to Thicken:** Allow the honey pepper sauce to simmer for the recommended time to achieve a sticky, syrupy glaze that coats the chicken beautifully.

**Roux for Cheese Sauce:** Cooking the butter and flour for a minute or two before adding milk helps prevent a raw flour taste and creates a stable sauce.

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

Original recipe: <https://chefmaniac.com/fiery-honey-pepper-chicken-creamy-macaroni-sweet-spicy-comforting/>