

Creamy Lemon Garlic Chicken Pasta - A Bright & Comforting Meal in 30 Minutes

The chicken is incredibly flavorful.



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30 min

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INGREDIENTS

For the Lemon Garlic Chicken:

2 large chicken breasts, cut into bite-sized pieces

2 tbsp olive oil

2 tbsp butter

3 cloves garlic, minced

Juice of 1 lemon

1 tsp salt

$\frac{1}{8}$ tsp black pepper

$\frac{1}{8}$ tsp paprika

1 tsp Italian seasoning

For the Creamy Bowtie Pasta:

12 oz bowtie pasta (farfalle)

2 cloves garlic, minced

1 cup heavy cream

$\frac{1}{2}$ cup chicken broth

1 $\frac{1}{2}$ cups shredded Parmesan cheese

Zest of 1 lemon

$\frac{1}{8}$ tsp Italian seasoning

... tsp black pepper

... tsp red pepper flakes (optional, for a hint of heat)

... cup chopped fresh parsley or basil (for garnish)

Step-by-Step Instructions:

1. Cook the Bowtie Pasta:

2. Sauté the Lemon Garlic Chicken:

3. Make the Creamy Sauce:

4. Bring It All Together:

5. Garnish and Serve:

My Best Tips for Perfect Pasta:

Use freshly grated Parmesan. Pre-shredded cheeses don't melt as smoothly and can make the sauce grainy.

Adjust the thickness of the sauce. If it's too thick, add a splash of reserved pasta water. If it's too thin, let it simmer a bit longer.

Swap the protein. Try shrimp or thinly sliced chicken thighs for a twist.

Make it lighter. Replace heavy cream with half-and-half or whole milk for a slightly lighter version.

Kick up the heat. If you love spice, increase the red pepper flakes or add a pinch of cayenne pepper.

What to Serve With Lemon Garlic Chicken Pasta:

A simple green salad with a lemon vinaigrette to complement the flavors.

DIRECTIONS

1. **Cook the Bowtie Pasta:** Bring a large pot of salted water to a boil and cook the pasta according to package instructions until al dente. Drain and set aside. (Pro tip: Save about ½ cup of pasta water in case you need to loosen the sauce later!)
2. **Sauté the Lemon Garlic Chicken:** In a large skillet over medium-high heat, heat the olive oil. Add the chicken pieces, then season with salt, pepper, paprika, and Italian seasoning. Cook for about 5-7 minutes, stirring occasionally, until the chicken is golden brown and cooked through.
3. Once the chicken is nearly done, add butter and minced garlic, stirring for about 30 seconds until fragrant. Squeeze in the fresh lemon juice, give everything a toss, and remove the chicken from the skillet. Set aside.
4. **Make the Creamy Sauce:** Using the same skillet (no need to wash away all that flavor), melt the butter and sauté the garlic for about 30 seconds. Stir in the heavy cream and chicken broth, allowing it to simmer for 2-3 minutes.
5. Next, add the : Parmesan cheese, lemon zest, Italian seasoning, black pepper, and red pepper flakes (if using). Stir continuously until the cheese melts and the sauce thickens slightly.
6. **Bring It All Together:** Add the cooked pasta to the skillet, tossing gently to coat it in the creamy sauce. If the sauce is too thick, stir in a bit of the reserved pasta water to reach your desired consistency.
7. Finally, return the cooked lemon garlic chicken to the skillet, mixing everything until well combined.

8. **Garnish and Serve:** Sprinkle fresh parsley or basil on top, along with an extra handful of Parmesan cheese. Serve warm and enjoy the explosion of flavors in every bite!
9. **My Best Tips for Perfect Pasta:** Use freshly grated Parmesan. Pre-shredded cheeses don't melt as smoothly and can make the sauce grainy.
10. **Adjust the thickness of the sauce.** If it's too thick, add a splash of reserved pasta water. If it's too thin, let it simmer a bit longer.
11. **Swap the protein.** Try shrimp or thinly sliced chicken thighs for a twist.
12. **Make it lighter.** Replace heavy cream with half-and-half or whole milk for a slightly lighter version.
13. **Kick up the heat.** If you love spice, increase the red pepper flakes or add a pinch of cayenne pepper.
14. **What to Serve With Lemon Garlic Chicken Pasta:** This dish is satisfying on its own, but if you're making it for a dinner party or a special occasion, here are some great pairings:
15. A simple green salad with a lemon vinaigrette to complement the flavors.
16. Garlic bread or a crusty baguette to soak up the creamy sauce.
17. A crisp white wine like : Sauvignon Blanc or Pinot Grigio for a refreshing contrast.
18. **Frequently Asked Questions:** Q: Can I make this ahead of time?A: The pasta is best enjoyed fresh, but you can prep the chicken and sauce in advance. Store them separately and reheat gently, adding a splash of milk or broth to loosen the sauce.
19. Q: Can I use a different pasta shape?A: Absolutely! Penne, rigatoni, or fettuccine all work well in this dish.
20. Q: How do I store leftovers?A: Keep leftovers in an airtight container in the fridge for up to 3 days. Reheat on the stovetop over low heat with a splash of cream or broth to refresh the sauce.
21. Q: Can I make this gluten-free?A: Yes! Simply use your favorite gluten-free pasta, and ensure your seasonings and broth are gluten-free.
22. **Why You'll Love This Recipe:** This Lemon Garlic Chicken with Creamy Bowtie Pasta is the kind of meal that feels fancy but comes together effortlessly. The creamy sauce, bright lemony flavor, and well-seasoned chicken make every bite memorable. Whether you're making it for a busy weeknight or a cozy dinner with friends, this dish is sure to impress.
23. Give this recipe a try, and let me know how it turns out! I'd love to hear if you added your own twist. Happy cooking!

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