

Spicy Creamy Cajun Chicken Pasta: Your Go-To Comfort Food Recipe

Creamy Cajun Chicken Linguine: A Taste of Southern Comfort in Every Bite



TIME
5-6 min

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INGREDIENTS

2 boneless, skinless chicken breasts, cut into strips
2 tablespoons olive oil
2 tablespoons Cajun seasoning
1 teaspoon smoked paprika
 $\frac{1}{2}$ teaspoon garlic powder
Salt & black pepper, to taste
12 oz linguine
4 cloves garlic, minced
 $\frac{1}{2}$ cup chicken broth
1 cup heavy cream
 $\frac{1}{2}$ cup grated Parmesan cheese
Fresh chopped parsley (for garnish)

DIRECTIONS

- 1. Cook the Pasta:** Bring a large pot of salted water to a rolling boil. Add the linguine and cook according to package directions until al dente (cooked but still firm to the bite). Drain well and set aside.
- 2. Season the Chicken:** While the pasta cooks, place the sliced chicken strips in a bowl. Add the Cajun seasoning, smoked paprika, garlic powder, salt, and black pepper. Toss well to ensure all the chicken is evenly coated.
- 3. Sear the Chicken:** Heat the 2 tablespoons of olive oil in a large skillet or Dutch oven over medium-high heat. Once hot, add the seasoned chicken strips in a single layer. Cook for 5-6 minutes, flipping halfway, until the chicken is golden brown on the outside and cooked through. Remove the chicken from the pan and set it aside.
- 4. SautØ the Garlic:** Reduce the heat in the same skillet to medium. Add the minced garlic and sautØ for just 1 minute until fragrant. Be careful not to burn it.
- 5. Build the Sauce:** Pour in the chicken broth and heavy cream. Stir well to combine and scrape up any browned bits from the bottom of the pan (this adds amazing flavor!). Bring the mixture to a gentle simmer and let it cook for 3-4 minutes, stirring occasionally, until it has slightly thickened.
- 6. Add the Cheese:** Reduce the heat to low. Stir in the grated Parmesan cheese until it is completely melted and the sauce is smooth and creamy.
- 7. Bring It All Together:** Add the cooked linguine and the seared chicken back into the skillet with the creamy Cajun sauce. Toss everything together until the

pasta and chicken are thoroughly coated in the delicious, creamy Cajun sauce.

8. 8. Serve: Garnish generously with fresh chopped parsley. Serve hot and enjoy immediately!

SWAPS & NOTES

Chicken Cuts: Chicken thighs can be used instead of breasts for a richer flavor, though they may require a few extra minutes of cooking.

You could also use leftover rotisserie chicken for an even quicker meal - just toss it with the seasonings before adding to the sauce.

Pasta Variety: While linguine is classic, feel free to use other pasta shapes like fettuccine, penne, or even spaghetti .

Cajun Seasoning: The spice level can vary greatly between brands of Cajun seasoning.

TIPS FOR SUCCESS

Don't Overcook Chicken: Chicken breasts cook quickly, especially when sliced.

Overcooked chicken can become tough.

Remove it from the pan as soon as it's done.

Pasta Al Dente: Cook your linguine al dente because it will continue to cook slightly when tossed with the hot sauce.

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