

Creamy Bowtie Pasta with Lemon Garlic Chicken & Asparagus - A Fresh and Irresistible Dish

with a touch of indulgence, this



TIME
10 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 with Asparagus:

- 12 oz bowtie pasta (farfalle)
- 1 tbsp butter
- 1 lb asparagus, trimmed & cut into 1-inch pieces
- 2 cloves garlic, minced
- 1 cup heavy cream
- $\frac{1}{2}$ cup chicken broth
- 1 $\frac{1}{2}$ cups shredded mozzarella cheese
- $\frac{1}{2}$ cup grated Parmesan cheese
- Zest of 1 lemon
- $\frac{1}{8}$ tsp Italian seasoning
- ... tsp black pepper
- ... cup chopped fresh parsley or basil (for garnish)

Step-by-Step Instructions:

1. Cook the Pasta:

2. SautØ the Chicken:

3. Cook the Asparagus:

4. Make the Creamy Garlic Parmesan Sauce:

5. Toss Everything Together:

6. Garnish & Serve:

My Best Tips for This Recipe:

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

Don't overcook the chicken. Keep the heat medium-high for a good sear, but don't let it dry out.

Cook asparagus just until crisp-tender. Overcooked asparagus turns mushy, so watch it closely!

Adjust the sauce consistency. If it gets too thick, add a splash of reserved pasta water or extra broth to loosen it.

DIRECTIONS

1. Cook the Pasta: Bring a large pot of salted water to a boil and cook the bowtie pasta until al dente according to the package instructions. Drain and set aside. (Pro tip: Save ½ cup of pasta water in case you need to loosen the sauce later!)
2. SautØ the Chicken: While the pasta cooks, heat 2 tbsp olive oil in a large skillet over medium-high heat. Add the chicken pieces, seasoning them with salt, pepper, paprika, and Italian seasoning.
3. Cook the chicken for 5-6 minutes, stirring occasionally, until golden brown and cooked through.
4. Add 2 tbsp butter and minced garlic, stirring for 30 seconds until fragrant. Squeeze in the lemon juice, toss everything together, then remove the chicken from the skillet and set aside.
5. Cook the Asparagus: In the same skillet, melt 1 tbsp butter over medium heat. Add the asparagus pieces and minced garlic, cooking for 3-4 minutes until the asparagus is tender-crisp but still bright green.
6. Remove the asparagus from the skillet and set aside with the chicken.
7. Make the Creamy Garlic Parmesan Sauce: Using the same skillet, pour in the heavy cream and chicken broth, stirring well to combine.
8. Gradually add the mozzarella and : Parmesan cheeses, whisking continuously until the cheese melts and the sauce becomes smooth and creamy.
9. Stir in the lemon zest, : Italian seasoning, and black pepper. Let the sauce simmer for 2-3 minutes, allowing it to thicken slightly.

10. Toss Everything Together: Add the cooked bowtie pasta to the skillet and toss it in the creamy sauce.
11. Return the chicken and asparagus to the skillet, gently mixing everything together. Let it cook for another 1-2 minutes, so the flavors can blend beautifully.
12. Garnish & Serve: Sprinkle with fresh parsley or basil, add an extra grating of Parmesan, and serve warm. Enjoy the bright, creamy, and garlicky flavors in every bite!
13. My Best Tips for This Recipe: Use freshly grated Parmesan. Pre-shredded cheese doesn't melt as smoothly and can make the sauce grainy.
14. Don't overcook the chicken. Keep the heat medium-high for a good sear, but don't let it dry out.
15. Cook asparagus just until crisp-tender. Overcooked asparagus turns mushy, so watch it closely!
16. Adjust the sauce consistency. If it gets too thick, add a splash of reserved pasta water or extra broth to loosen it.
17. Want more protein? Stir in cooked shrimp or grilled salmon for a seafood twist.
18. What to Serve with This Dish: This creamy pasta is satisfying on its own, but if you want to round out the meal, try these pairings:
19. ? A crisp green salad - A simple arugula or mixed greens salad with a lemon vinaigrette. ? Garlic bread or breadsticks - Perfect for soaking up that creamy sauce. ? Roasted vegetables - Brussels sprouts, cherry tomatoes, or zucchini complement this dish well. ? A chilled white wine - Sauvignon Blanc or Chardonnay pairs beautifully with the lemony, creamy flavors.
20. Frequently Asked Questions: Q: Can I use a different pasta shape? A: Yes! Penne, rigatoni, or fettuccine work just as well in this dish.
21. Q: Can I make this ahead of time? A: While best enjoyed fresh, you can store leftovers in an airtight container in the fridge for up to 3 days. Reheat on the stove with a splash of cream or broth to revive the sauce.
22. Q: Can I make it lighter? A: Yes! Swap half-and-half for heavy cream, use low-fat cheese, or cut back on the cheese amount.
23. Q: Can I use frozen asparagus? A: Fresh is best, but frozen asparagus works in a pinch. Just sauté it for an extra 1-2 minutes to cook off any excess moisture.
24. Why You'll Love This Recipe: This Lemon Garlic Chicken with Asparagus & Creamy Bowtie Pasta is bright, creamy, and full of flavor. It's a one-pan wonder that combines fresh ingredients, comforting pasta, and a luscious garlic Parmesan sauce.
25. If you try this recipe, let me know how it turns out! Did you add your own twist? I'd love to hear about it. Happy cooking!

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