

## Creamy Chicken and Veggie Pasta with a Savory Garlic Sauce

Creamy Chicken and Veggie Pasta



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

For the Creamy Garlic Sauce: 3 tablespoons butter  
3 4 cloves garlic , minced 1 cup heavy cream 1/2  
cup chicken broth 1/2 cup Parmesan cheese , grated  
1 teaspoon Italian seasoning Red pepper flakes  
(optional):

### DIRECTIONS

1. directions until it's al dente. Drain the pasta and set it aside.
2. SautØ the Chicken
3. : While the pasta is cooking, heat the olive oil in a large skillet or pot over medium-high heat. Season the diced chicken with salt, pepper, and paprika. Add the seasoned chicken to the skillet and sautØ for about 5-7 minutes, stirring occasionally, until it's cooked through and golden on the outside.
4. Add the : Veggies
5. : Once the chicken is cooked, add the minced garlic, chopped bell peppers, and broccoli florets to the skillet. Continue to sautØ for another 3-4 minutes, or until the vegetables have softened slightly but are still crisp.
6. Remove from : Pan
7. : Transfer the cooked chicken and vegetables to a plate and set it aside.
8. Make the : Creamy Sauce
9. : In the same skillet, reduce the heat to medium and add the butter. Once melted, add the remaining minced garlic and cook for about 1 minute until fragrant. Pour in the heavy cream and chicken broth. Stir well and let the sauce gently simmer for 2-3 minutes, until it starts to thicken.
10. Finish the : Sauce
11. : Mix in the grated Parmesan cheese and Italian seasoning. Continue to stir until the cheese has melted and the sauce has become smooth and velvety.
12. Combine : Everything

13. : Return the cooked chicken, vegetables, and the drained pasta to the skillet with the sauce. Toss everything together until the pasta is fully coated and the ingredients are all well combined. Let it cook together for another minute or two to heat everything through.
14. : Serve the creamy pasta hot, garnished with a little fresh parsley if desired.

## SWAPS & NOTES

**Pasta :** While penne is a great choice because its shape holds the creamy sauce beautifully, you can use any short pasta you have on hand.

Rigatoni, fusilli, or even farfalle would work wonderfully.

**Veggies :** This recipe is a fantastic canvas for whatever vegetables you love.

The user's notes suggest using spinach instead of broccoli, which would be a great addition.

## TIPS FOR SUCCESS

**Cook the Chicken First :** Cooking the chicken before the sauce is crucial.

It creates a flavorful base in the pan that will be absorbed by the sauce.

**Don't Overcook the Veggies :** For a good stir-fry, you want your vegetables to be crisp-tender, not mushy.

Cooking them briefly over medium-high heat will help them retain their color and texture.

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

Original recipe: <https://chefmaniac.com/creamy-chicken-and-veggie-pasta-with-a-savory-garlic-sauce/>