

Spicy Jerk Chicken Pasta with Creamy Sauce: Weeknight Flavor Bomb

Creamy Jerk Chicken Pasta: The Weeknight Dinner Shortcut That Tastes Like a Vacation



TIME
30 min

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INGREDIENTS

Swaps and Notes:

Protein Swap: Not a fan of chicken? Use shrimp, sliced pork loin, or even firm tofu marinated in the jerk seasoning.

Dairy-Free Cream Sauce: While I use heavy cream and almond milk, you can substitute both with full-fat coconut milk (for a slightly different flavor profile) or a plant-based creamer designed for cooking.

Vegetables: Feel free to add mushrooms, sliced zucchini, or use yellow and orange bell peppers for more color.

DIRECTIONS

1. Follow these simple steps to bring this spicy, creamy masterpiece to your table.
2. **Step 1: Season and Prep the Chicken:** Rub 2 tsp. of the jerk seasoning onto the chicken breasts. Season the breasts with 1/2 tbsp. of Adobo seasoning, being mindful of the salt content in your jerk seasoning. Set the seasoned chicken aside. Slice the green and red bell peppers into thin strips.
3. **Step 2: SautØ the Vegetables:** Add 1 tsp. of olive oil to a large skillet or Dutch oven and heat over medium heat. SautØ the bell peppers and spinach for about 10 minutes until they are soft and slightly wilted. Season the vegetables with the remaining 1/2 tbsp. of Adobo seasoning. Remove the vegetables from the skillet and set them aside.
4. **Step 3: Cook the Pasta:** In a separate large pot, bring heavily salted water to a rolling boil. Add your linguine and boil for about 8 minutes-it should still be slightly firm (al dente), as it will finish cooking in the sauce. Drain the water and reserve about 1/2 cup of the starchy pasta water (just in case).
5. **Step 4: Sear the Chicken:** Add the remaining 1 tsp. of olive oil to the same skillet. Sear the seasoned chicken breasts over medium heat for 12-15 minutes, flipping halfway, until they are fully cooked through (reaching an internal temperature of 165°F). Remove the chicken from the skillet and let it rest for a few minutes before slicing it into bite-sized pieces.
6. **Step 5: Build the Sauce:** Reduce the heat to medium-low. Add the heavy cream and almond milk to the skillet. Whisk in the onion powder, garlic powder, the remaining 1 tsp. of jerk seasoning, and the smoked

paprika. Taste the sauce and add any extra Adobo seasoning or salt if needed.

7. **Step 6: Combine and Thicken:** Let the sauce come to a slight bubble, then immediately add the drained noodles, the sautéed vegetables, and the sliced chicken back into the skillet. Combine everything thoroughly. Cook for another 5-10 minutes, stirring often, until the cream sauce has thickened and coated the pasta, and the noodles are perfectly cooked. If the sauce becomes too thick, add a splash of the reserved pasta water.
8. **Step 7: Serve:** Serve immediately!

SWAPS & NOTES

: creamy comfort, intense flavor, and a satisfying spice level that makes your taste buds sing.

This Jerk Chicken Pasta recipe is exactly that.

It takes the vibrant, fiery flavor of authentic Caribbean jerk seasoning and marries it with a rich, silky-smooth cream sauce and perfectly cooked linguine.

Forget complicated, multi-step dinners.

TIPS FOR SUCCESS

Don't Overcook the Pasta: Boiling the linguine for only 8 minutes ensures it has enough texture left to fully cook and absorb the flavor of the cream sauce without turning mushy.

Rest the Chicken: Always let the seared chicken rest for 5 minutes before slicing.

This locks in the juices, resulting in tender, moist pieces that won't dry out in the sauce.

Adjusting the Heat: Jerk seasoning can be quite potent.

