

Cajun Chicken Pasta Recipe: Creamy, Spicy, and Loaded with Fresh Veggies

Spicy Creamy Cajun Chicken Pasta with Veggies: The 30-Minute Weeknight Dinner



TIME
30 min

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INGREDIENTS

List Component Ingredient Quantity

DIRECTIONS

1. Step-by-: Step)
2. Step: InstructionDetails
3. Cook the : Pasta:
4. Bring a large pot of salted water to a boil. Add the 300g pasta and cook according to package directions until
5. . Reserve about 1 cup of the starchy pasta water before draining.
6. Season and : Cook Chicken:
7. In a large, deep skillet or : Dutch oven, heat 2 tbsp olive oil over medium-high heat. Toss the diced chicken with Cajun seasoning, salt, and pepper. Add chicken to the pan and cook for 5-7 minutes until fully browned and cooked through. Remove the chicken and set aside.
8. SautØ the Vegetables:
9. Reduce the heat to medium. Add 2 tbsp butter to the same pan. Once melted, add the sliced onion and cook for 3 minutes until softened. Add the minced garlic, sliced red bell pepper, broccoli florets, and sliced mushrooms. Cook for 5-7 minutes, until the vegetables are tender-crisp.
10. Build the : Cream Sauce:
11. Pour in the 1 cup heavy cream and 1/2 cup chicken stock. Add the 1 tsp paprika and 1/2 tsp (optional) red chili flakes. Bring the mixture to a gentle simmer.
12. Finish the : Sauce:
13. Stir in the 1/2 cup grated : Parmesan cheese. Continue stirring until the cheese is melted and the sauce is smooth and slightly thickened. Taste and adjust salt

and pepper.

14. Combine and : Serve:
15. Add the drained pasta and the cooked : Cajun chicken back into the skillet. Toss everything gently to coat the pasta and chicken in the creamy sauce. If the sauce seems too thick, add reserved pasta water, 1/4 cup at a time, until it reaches your desired consistency.
16. Serve immediately, garnished generously with fresh chopped parsley.
17. Export to : Sheets

SWAPS & NOTES

: tender, spicy chicken, a rich, velvety cream sauce, and a healthy dose of fresh vegetables to balance the indulgence.

It's a total crowd-pleaser that delivers big, bold Southern-inspired flavor with minimal fuss.

Why I Love This Recipe I've spent years refining my quick-dinner repertoire, and this Cajun pasta stands out for a few reasons.

Speed and Efficiency: From start to finish, you're looking at about 45 minutes, with only 25 minutes of active cooking.

TIPS FOR SUCCESS

Don't Overcook the Pasta: Cook your pasta to al dente (slightly firm).

Since it will be tossed in a hot sauce, it will continue to cook slightly, and you don't want it to become mushy.

Fresh Grated Parmesan is Key: Pre-shredded cheese often contains anti-caking agents that prevent it from melting smoothly.

Use fresh Parmesan for a silky, lump-free sauce.

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

Original recipe: <https://chefmaniac.com/cajun-chicken-pasta-recipe-creamy-spicy-and-loaded-with-fresh-veggies/>