

## Cheesy Tuscan Chicken Bites with Sun-Dried Tomato Rotini: A Restaurant-Quality Weeknight Meal

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**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

For the Chicken Bites:

Chicken Breasts: 1 lb, boneless and skinless, cut into bite-sized pieces.

Olive Oil & Butter: 2 tbsp of each for a golden sear.

Garlic: 2 cloves, minced.

Seasonings: 1 tsp Italian seasoning, 1/2 tsp garlic powder, 1/2 tsp paprika, salt, and black pepper.

Parmesan: 1/4 cup grated.

For the Sun-Dried Tomato Rotini:

Rotini Pasta: 12 oz (corkscrew shapes are best for holding the sauce!).

Butter: 2 tbsp.

Sun-Dried Tomatoes: 1/2 cup, chopped (oil-packed preferred).

Liquid Gold: 1 cup heavy cream and 1/2 cup chicken broth.

Cheese: 1/2 cup parmesan and 1/2 cup shredded mozzarella.

Greens: 2 cups fresh baby spinach.

Fresh Basil: For that final aromatic pop.

### DIRECTIONS

- 1. Boil the Pasta:** Start by bringing a large pot of salted water to a boil. Cook your rotini according to the package instructions until al dente. Drain the pasta, but keep a splash of pasta water just in case you want to thin out your sauce later.
- 2. Sear the Chicken:** In a large skillet, heat the olive oil and butter over medium-high heat. Toss in your chicken pieces and season them with the Italian seasoning, garlic powder, paprika, salt, and pepper. Cook for about 6-7 minutes until they are golden brown and cooked through. Add the minced garlic during the last minute so it doesn't burn. Stir in the 1/4 cup of parmesan to coat the chicken, then remove the chicken from the pan and set it aside.
- 3. Build the Tuscan Sauce:** Using the same skillet (all those brown bits are flavor!), melt the remaining butter. Add the sun-dried tomatoes and garlic, sautéing for about 2 minutes. Pour in the heavy cream and chicken broth. Bring the mixture to a gentle simmer.
- 4. Make it Cheesy:** Whisk in the parmesan, mozzarella, and a pinch of Italian seasoning. Let it simmer for 3-4 minutes until the sauce thickens and becomes glossy. Stir in the baby spinach and watch it wilt into the creamy goodness.
- 5. The Great Combine:** Add the cooked rotini and the golden chicken bites back into the skillet. Toss everything together until every spiral is coated in that sun-dried tomato cream sauce.

## SWAPS & NOTES

This sauce works beautifully with shrimp or even sliced Italian sausage.

Pasta: If you don't have rotini, penne or rigatoni are excellent substitutes.

I often alternate between this and my Classic Spaghetti Recipe when I'm in a pasta mood.

Veggie Boost: Feel free to add sliced mushrooms or artichoke hearts along with the sun-dried tomatoes for extra texture.

### TIPS FOR SUCCESS

Don't Overcook the Chicken: Cutting the chicken into uniform "bites" ensures they cook quickly and stay juicy.

The "Al Dente" Rule: Always cook your pasta one minute less than the box suggests, as it will continue to cook slightly when tossed in the hot sauce.

Use Oil-Packed Tomatoes: They have a softer texture and more intense flavor than the dry-packed version.

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

Original recipe: <https://chefmaniac.com/cheesy-tuscan-chicken-bites-with-sun-dried-tomato-rotini-a-restaurant-quality-weeknight-meal/>