

The Ultimate Creamy Chicken Pasta with Roasted Vegetables and Potatoes

The Ultimate Comfort Bowl: Why This Creamy Chicken Pasta Wins Every Time



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10 min

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INGREDIENTS

For the Seasoned Chicken:

Chicken Breasts: 2 large (approx. 400g), sliced into cutlets or bite-sized pieces.

Oil: 2 tbsp extra virgin olive oil.

Spices: 1 tsp smoked paprika, 1 tsp garlic powder, salt, and freshly cracked black pepper.

For the Creamy Pasta & Veggies:

Penne Pasta: 300g (or your favorite short-cut pasta).

Vegetables: 200g sliced mushrooms (cremini or button), 2 medium carrots (peeled and sliced), 2 medium potatoes (peeled and diced into small 1/2-inch cubes).

The Roux Base: 2 tbsp unsalted butter and 2 tbsp all-purpose flour.

The Liquids: 400ml whole milk and 150ml heavy cream.

The Finish: 100g freshly grated Parmesan cheese and a handful of chopped fresh parsley.

DIRECTIONS

- 1. Prep the Veggies and Pasta:** Start by bringing two pots of salted water to a boil. In one pot, cook your penne until it is just al dente. In the other pot, boil your diced potatoes and sliced carrots together. You want them tender but not mushy-usually about 8-10 minutes. Drain both and set aside.
- 2. Sear the Chicken:** While the pasta boils, rub your chicken with the paprika, garlic powder, salt, and pepper. Heat the olive oil in a large skillet over medium-high heat. Sear the chicken until it's golden brown and cooked through (about 5-7 minutes per side depending on thickness). Remove the chicken from the pan, let it rest, and then slice it into strips.
- 3. Saut  the Mushrooms:** In the same skillet (don't wash it-those brown bits are flavor gold!), add a tiny bit of butter if needed and saut  the mushrooms until they are browned and have released their moisture.
- 4. Build the Cream Sauce:** Lower the heat to medium. Melt 2 tbsp of butter in the pan with the mushrooms. Whisk in the flour and cook for 1 minute to get rid of the "raw" flour taste. Slowly pour in the milk and heavy cream, whisking constantly to ensure no lumps form.
- 5. The Grand Finale:** Once the sauce has thickened slightly, stir in the grated Parmesan cheese until melted. Fold in the cooked pasta, boiled potatoes, and carrots. Toss everything gently to coat in that luxurious sauce.
- 6. Serve:** Divide the pasta among four bowls. Top with the sliced golden chicken and a generous sprinkle of fresh parsley.

SWAPS & NOTES

The Potato Swap: If you want a lower glycemic index or a pop of color, try using sweet potatoes instead of regular white potatoes.

It adds a lovely sweetness that balances the salty parmesan.

Greens: If you want to boost the nutritional profile, stir in two handfuls of fresh baby spinach at the very end.

The residual heat will wilt it perfectly.

TIPS FOR SUCCESS

Uniform Cutting: Ensure your potato cubes are small (about the size of a chickpea).

This ensures they cook at the same rate as the carrots and fit perfectly on a spoon with the penne.

Pre-shredded cheese is coated in potato starch to prevent clumping, which can make your cream sauce grainy.

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

Original recipe: <https://chefmaniac.com/the-ultimate-creamy-chicken-pasta-with-roasted-vegetables-and-potatoes/>