

Creamy Cajun Chicken and Broccoli Alfredo: The Ultimate 30-Minute Dinner

Cajun Chicken and Broccoli Alfredo: The Zesty Comfort Meal You Need Tonight



TIME
7 min

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INGREDIENTS

8 ounces Fettuccine Pasta: The wide ribbons are perfect for holding onto the thick sauce.
2 Boneless, Skinless Chicken Breasts: Sliced into bite-sized strips for quick cooking.
1 tablespoon Cajun Seasoning: Choose a high-quality blend (watch the salt content!).
2 tablespoons Olive Oil: For searing the chicken.
2 cloves Garlic: Minced fresh for the best aroma.
1 cup Broccoli Florets: Fresh is best, but frozen works in a pinch.
1 cup Heavy Cream: The base for our luxurious sauce.
1/2 cup Grated Parmesan Cheese: Use real Parmesan, not the stuff in the green shaker bottle!
Salt and Pepper: To taste.
Chopped Parsley: For that professional-looking garnish.

DIRECTIONS

- 1. Boil the : Pasta:** Bring a large pot of salted water to a boil. Cook your fettuccine according to the package instructions until al dente. Pro Tip: Save about a half-cup of the pasta water before draining; it's liquid gold for thinning out the sauce later if needed.
- 2. Season and : Sear:** Toss your sliced chicken breasts with the Cajun seasoning until evenly coated. Heat the olive oil in a large skillet over medium-high heat. Add the chicken and cook until browned and cooked through (about 5-7 minutes). Remove the chicken from the pan and set aside.
- 3. SautØ the Greens:** In the same skillet (don't wash it!), add the minced garlic and broccoli florets. SautØ for 3-4 minutes until the broccoli is tender-crisp. The moisture from the broccoli will help de-glaze the pan.
- 4. Create the : Alfredo:** Lower the heat to medium. Pour in the heavy cream and bring to a gentle simmer. Whisk in the Parmesan cheese, stirring constantly until the cheese has melted and the sauce has thickened slightly.
- 5. The : Great Merge:** Add the cooked pasta and the seared chicken back into the skillet. Toss everything together until every strand of pasta is coated in that spicy, creamy sauce.
- 6. Final : Touch:** Simmer for another 2 minutes to let the flavors marry. Season with salt and pepper to taste, garnish with fresh parsley, and serve immediately.

SWAPS & NOTES

The Pasta: While fettuccine is traditional, penne or rigatoni are excellent swaps if you want the sauce to get trapped inside the pasta shapes.

The Spice Level: If you prefer a milder flavor, look for "Salt-Free Cajun Seasoning" so you can control the sodium while still getting the herbal notes of thyme, oregano, and paprika.

This sauce works beautifully with shrimp or even smoked sausage.

The Veggies: If you want to expand the vegetable profile, sliced bell peppers or mushrooms sautéed with the garlic are fantastic additions.

TIPS FOR SUCCESS

Don't Overcook the Broccoli: You want the broccoli to have a slight snap to it.

Overcooking it will make it mushy and turn the sauce a dull green color.

Tempering the Cream: If your kitchen is cold, let your heavy cream sit on the counter for 10 minutes before adding it to the pan.

This prevents the sauce from "breaking" or curdling.

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