

One-Skillet Cheesy Cajun Chicken Pasta with Italian Herb Alfredo Sauce

Cheesy Cajun Chicken Twisted Pasta



TIME
30 min

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INGREDIENTS

To make this masterpiece, you'll need to gather these items from your pantry and fridge:

DIRECTIONS

1. directions).
2. Important:
3. Before draining, dip a measuring cup in and save % cup of that starchy water. Drain the rest.
4. Step 2: Cook the Cajun Chicken
5. Pat your chicken strips dry with paper towels-this ensures a good sear rather than steaming. Season generously with Cajun seasoning, paprika, salt, and pepper. Heat olive oil in a large skillet over medium-high heat. Sear the chicken for 3-4 minutes per side. Once golden and cooked through, remove the chicken to a plate and tent with foil.
6. Step 3: Make the Italian Herb Alfredo Sauce
7. In the same skillet (don't wash it!), melt the butter. SautØ the minced garlic for about 30 seconds until your kitchen smells amazing. Pour in the heavy cream and add the cream cheese. Whisk constantly over medium heat until the cream cheese has melted into a smooth liquid.
8. Slowly stir in the mozzarella, : Parmesan, Italian seasoning, and red pepper flakes. If the sauce feels too thick, whisk in a tablespoon of pasta water at a time until it reaches a velvety consistency.
9. Step 4: Combine Pasta & Chicken
10. Add the cooked twisted pasta directly into the skillet. Toss it gently so the sauce fills every spiral. Add the Cajun chicken back in (along with any juices on the plate!) and fold it all together.
11. Step 5: Serve & Garnish
12. Plate the pasta immediately. Garnish with fresh parsley or basil, an extra dusting of Parmesan, and a

tiny pinch of Cajun seasoning for a pop of color.

SWAPS & NOTES

of an Italian Herb Alfredo Sauce and crashing them right into the bold, smoky, and spicy world of Cajun seasoning.

A dish that feels like a high-end bistro meal but comes together in your own kitchen in under 30 minutes.

We aren't just making another pasta dish; we are building layers of flavor.

From the golden-seared chicken to the "twisted" rotini that captures every drop of that liquid gold sauce, this recipe is designed to impress.

TIPS FOR SUCCESS

Don't Overcook the Garlic: Garlic burns quickly and becomes bitter.

Room Temp Cream Cheese: Using softened cream cheese prevents those little white lumps from forming in your sauce.

Pasta Water is Key: The starch in the reserved water helps the sauce cling to the noodles rather than just sliding off.

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

Original recipe: <https://chefmaniac.com/one-skillet-cheesy-cajun-chicken-pasta-with-italian-herb-alfredo-sauce/>