

Creamy Sun-Dried Tomato Pasta with Chicken and Mozzarella: A 30-Minute Dinner

Sun-Dried Tomato Pasta with Chicken and Creamy Mozzarella Sauce



TIME
30 min

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INGREDIENTS

Chicken Breasts: 2 large breasts, cubed into bite-sized pieces.

Pasta: 8 oz (penne, fusilli, or rigatoni work best for holding the sauce).

Sun-Dried Tomatoes: 1/2 cup, chopped (packed in oil is preferred for better texture).

Heavy Cream: 1 cup for that signature silky base.

Mozzarella Cheese: 1 cup, shredded (freshly grated melts best!).

Parmesan Cheese: 1/4 cup, grated.

Garlic: 2 cloves, minced.

Olive Oil: 1 tbsp.

Italian Seasoning: 1 tsp.

Salt and Pepper: To taste.

Fresh Basil: For garnish.

Swaps and Notes:

The Protein: Not a fan of chicken? This sauce pairs beautifully with shrimp or even Italian sausage.

The Veggies: You can easily boost the nutritional value by tossing in two cups of fresh baby spinach or sautéed mushrooms during the sauce-simmering phase.

The Pasta: For a lower-carb option, this sauce is incredible over zoodles or spaghetti squash.

The Tomatoes: If you use sun-dried tomatoes in oil, use a teaspoon of that oil to sauté the garlic for extra flavor!

Step-by-Step Instructions:

1. Cook the Pasta:
2. Sear the Chicken:
3. Build the Creamy Sauce:
4. The Melty Finish:
5. Combine and Serve:

Tips for Success:

Don't Overcook the Garlic: Garlic can turn bitter quickly. Add it only when you're ready to pour in the cream.

Room Temp Cream: To prevent the sauce from curdling or breaking, try to let your heavy cream sit out for a few minutes so it isn't ice-cold when it hits the hot pan.

The Cheese Quality: Pre-shredded cheese in bags is coated in potato starch to prevent clumping, which can make your sauce grainy. Grate your own mozzarella for the smoothest melt.

Serving Suggestions and Pairings:

Appetizer: Start the meal with this Baked Brie Appetizer-it sets a luxurious tone for the evening.

Side: A simple Caesar salad or roasted asparagus works perfectly.

Drinks: To cut through the creamy cheese, try a Classic Margarita for a refreshing citrus contrast.

Nutritional Information (Per Serving):

Calories: 550 kcal

Protein: 34g

Carbohydrates: 42g

Fat: 28g

DIRECTIONS

1. **Cook the Pasta:** Bring a large pot of salted water to a boil. Add your pasta and cook according to the package instructions until al dente. Reserve about a half-cup of pasta water before draining-this is my "liquid gold" secret for adjusting sauce thickness later.
2. **Sear the Chicken:** While the water boils, heat olive oil in a large skillet over medium-high heat. Season your cubed chicken with salt, pepper, and the Italian seasoning. Add the chicken to the pan and cook until golden brown and cooked through (about 5-7 minutes). Once finished, remove the chicken from the pan and set it aside on a plate.
3. **Build the Creamy Sauce:** Lower the heat to medium. In the same skillet (don't wash it! those brown bits are flavor), add the minced garlic. SautØ for about 30 seconds until fragrant. Pour in the heavy cream and add the sun-dried tomatoes and Parmesan cheese. Let the mixture simmer gently for 3-5 minutes until it begins to slightly thicken.
4. **The Melty Finish:** Stir in the shredded mozzarella cheese. Keep stirring until the cheese is completely melted and the sauce is smooth and velvety.
5. **Combine and Serve:** Add the cooked pasta and the seared chicken back into the skillet. Toss everything together until every noodle is coated in that creamy sun-dried tomato goodness. If the sauce feels too thick, splash in a little of that reserved pasta water. Garnish with fresh basil and extra Parmesan.
6. **Tips for Success:** Don't Overcook the Garlic: Garlic can turn bitter quickly. Add it only when you're ready to pour in the cream.

7. Room : Temp Cream: To prevent the sauce from curdling or breaking, try to let your heavy cream sit out for a few minutes so it isn't ice-cold when it hits the hot pan.
8. The : Cheese Quality: Pre-shredded cheese in bags is coated in potato starch to prevent clumping, which can make your sauce grainy. Grate your own mozzarella for the smoothest melt.
9. Serving Suggestions and Pairings: This pasta is quite rich, so I like to pair it with something light or crunchy.
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14. Protein: 34g
15. Carbohydrates: 42g
16. Fat: 28g
17. Fiber: 3g
18. Storage and Leftover Tips: Fridge: Store leftovers in an airtight container for up to 3 days.
19. Reheating: Creamy sauces can thicken up in the fridge. When reheating on the stove or in the microwave, add a splash of milk or water to loosen the sauce back up.
20. Freezing: I don't recommend freezing this dish, as the cream-based sauce tends to separate when thawed.
21. More Recipes You Will Love: If you enjoyed this comforting meal, you'll definitely want to try these other hits from the ChefManiac kitchen:
22. Instant : Pot Lasagna - For when you want comfort food in a hurry.
23. Easy : Cheesy Chicken Sliders - Perfect for game day or a quick lunch.
24. Final Thoughts: This Sun-Dried Tomato Pasta with Chicken is proof that you don't need a pantry full of exotic ingredients to make a world-class meal. It's comforting, vibrant, and always a hit with my family.
25. Did you make this recipe? I'd love to hear how it turned out! Leave a comment below or tag us on social media. Don't forget to follow ChefManiac for more easy, delicious recipes delivered straight to your feed.

SWAPS & NOTES

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

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