

The Ultimate Blackened Chicken with Creamy Garlic Pasta (Restaurant Quality!)

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TIME
30 min

TEMP
165°F

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INGREDIENTS

Blackened Chicken:

Chicken Breasts: 2 large boneless, skinless breasts, sliced horizontally for even cooking.

Olive Oil: 1 tbsp to help the spices stick and sear.

The Spice Rub: A blend of paprika, smoked paprika, garlic powder, onion powder, dried oregano, dried thyme, and cayenne pepper.

Salt & Black Pepper: 1/2 tsp each to balance the aromatics.

Creamy Garlic Pasta:

Pasta: 250 g (9 oz) of fettuccine or linguine.

Butter: 2 tbsp (unsalted is best so you can control the salt).

Garlic: 3 cloves, minced fresh (don't use the jarred stuff here!).

Heavy Cream: 1 cup for that signature silkiness.

Chicken Broth: 1/2 cup to add depth and thin the sauce slightly.

Parmesan Cheese: 3/4 cup, freshly grated.

Seasonings: Italian seasoning, salt, pepper, and optional red chili flakes.

DIRECTIONS

- 1. Season the Chicken:** Start by slicing your chicken breasts in half lengthwise to create four thinner cutlets. This ensures they cook quickly without drying out. In a small bowl, mix all your spices. Rub the chicken with oil, then dredge them in the spice mix until they are completely coated.
- 2. Sear to Perfection:** Heat a heavy skillet (cast iron is amazing for this) over medium-high heat. Add a splash of oil. Lay the chicken in and do not move it for at least 4 minutes. You want that dark, flavorful crust to form. Flip and cook for another 4-5 minutes until the internal temperature reaches 165°F. Let it rest on a plate while you finish the pasta.
- 3. Boil the Pasta:** Cook your pasta in a large pot of salted water. Remember: the water should taste like the sea! Aim for al dente. Pro Tip: Save 1/2 cup of that starchy pasta water before draining.
- 4. Create the Garlic Cream Sauce:** In the same skillet (keep those brown bits from the chicken!), melt the butter and sauté the garlic for 30 seconds. Whisk in the chicken broth and heavy cream. Let it simmer until it thickens slightly, then stir in the Parmesan and seasonings until smooth.
- 5. The Grand Finale:** Toss the cooked pasta into the sauce. If it's too thick, add a splash of that reserved pasta water. Slice your blackened chicken, lay it over the top, and garnish with fresh parsley and more cheese.

SWAPS & NOTES

This spice rub works beautifully on shrimp or even salmon.

The Pasta: While fettuccine is the classic choice, penne or rigatoni work great for catching that heavy sauce in their ridges.

If you love pasta but want something faster, check out my Instant Pot Lasagna.

Dairy-Free: You can substitute heavy cream with full-fat coconut milk and use a vegan parmesan, though the flavor profile will shift toward a more tropical nuttiness.

TIPS FOR SUCCESS

Don't Fear the Smoke: High-heat searing with spices can get a little smoky.

Fresh Parmesan: Avoid the green shaker bottle.

Real, freshly grated Parmesan melts into the sauce, whereas the pre-shredded stuff can sometimes turn grainy.

Rest the Meat: Always let your chicken rest for 5 minutes before slicing.

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

Original recipe: <https://chefmaniac.com/the-ultimate-blackened-chicken-with-creamy-garlic-pasta-restaurant-quality/>