

## The Best Jerk Chicken Pasta with Creamy Alfredo Sauce

Creamy Jerk Chicken Pasta That Brings the Heat (And Comfort)



**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

- 2 chicken breasts
- 1 tbsp Adobo seasoning (divided)
- 3 tsp jerk seasoning (divided)
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 tsp extra-virgin olive oil (divided)
- 2 handfuls fresh spinach leaves
- 6-8 oz linguini noodles
- 1 1/3 cup heavy cream
- 1 1/3 cup unsweetened almond milk (or oat milk)
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp smoked paprika

### DIRECTIONS

- 1.** Season the Chicken: Rub 2 teaspoons of jerk seasoning onto the chicken breasts. Season with 1/2 tablespoon of Adobo seasoning (watch the salt levels). Set aside.
- 2.** Prep the Vegetables: Slice the green and red bell peppers into thin strips.
- 3.** Sauté the Vegetables: Heat 1 teaspoon olive oil in a large skillet over medium heat. Add the bell peppers and spinach. Cook for about 10 minutes, until softened. Season with the remaining 1/2 tablespoon Adobo. Remove from skillet and set aside.
- 4.** Boil the Pasta: Bring a large pot of salted water to a rolling boil. Add linguini and cook for about 8 minutes (it will finish cooking in the sauce). Drain and set aside.
- 5.** Sear the Chicken: In the same skillet, add the remaining olive oil. Sear chicken over medium heat for 12-15 minutes, flipping halfway through, until fully cooked. Remove and let rest for a few minutes before slicing.
- 6.** Make the Cream Sauce: In the skillet, add heavy cream and almond milk. Season with onion powder, garlic powder, smoked paprika, and remaining jerk seasoning. Taste and adjust with extra Adobo if needed.
- 7.** Let the sauce gently bubble.
- 8.** Combine Everything: Add pasta, sautéed vegetables, and sliced chicken into the sauce. Toss well and cook for about 10 minutes until the sauce thickens and coats everything beautifully.
- 9.** Serve immediately.

## SWAPS & NOTES

Chicken thighs can be used instead of breasts for even juicier results.

If your jerk seasoning contains salt, go easy on the Adobo to avoid oversalting.

Add crushed red pepper or a splash of hot sauce.

For a lighter version, reduce heavy cream slightly and increase almond milk.

### TIPS FOR SUCCESS

Don't overcrowd the pan when searing chicken - you want a good crust.

Slightly undercook the pasta so it finishes in the sauce without becoming mushy.

Let the chicken rest before slicing to keep it juicy.

If the sauce thickens too much, add a splash of pasta water or milk.

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

Original recipe: <https://chefmaniac.com/the-best-jerk-chicken-pasta-with-creamy-alfredo-sauce/>