

One-Pan Spicy Cajun Chicken Pasta with Vegetables

Spicy Creamy Cajun Chicken Pasta with Veggies



TIME
20 min

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INGREDIENTS

Chicken:

500g chicken breast, diced
2 tablespoons olive oil
1 tablespoon Cajun seasoning

Salt & pepper to taste

Pasta & Sauce:

300g linguine or fettuccine
2 tablespoons butter
1 onion, sliced
3 garlic cloves, minced
1 red bell pepper, sliced
1 cup broccoli florets
1 cup sliced mushrooms
1 cup heavy cream
½ cup chicken stock
½ cup grated Parmesan cheese
1 teaspoon paprika
½ teaspoon red chili flakes (optional)
Fresh parsley for garnish

DIRECTIONS

1. Cook the Pasta: Bring a large pot of salted water to a boil.
2. Cook linguine or fettuccine until al dente according to package instructions. Reserve ½ cup of pasta water before draining.
3. Cook the Cajun Chicken: Season diced chicken with Cajun seasoning, salt, and pepper.
4. Heat olive oil in a large skillet over medium-high heat. Cook the chicken until golden brown and cooked through (about 6-8 minutes). Remove and set aside.
5. Sauté the Vegetables: In the same pan, melt butter.
6. Add onion and cook until softened.
7. Stir in garlic, bell pepper, broccoli, and mushrooms. Sauté for 4-5 minutes until tender but still vibrant.
8. Build the Creamy Sauce: Pour in heavy cream and chicken stock.
9. Add paprika, chili flakes (if using), and grated Parmesan.
10. Stir and simmer until the sauce thickens and becomes smooth and creamy.
11. Combine Everything: Return the cooked chicken to the skillet.
12. Add the drained pasta and toss to coat evenly in the sauce.
13. If the sauce feels too thick, add a splash of reserved pasta water to loosen it up.
14. Garnish & Serve: Sprinkle with fresh parsley and extra Parmesan if desired.
15. Serve immediately while hot and creamy.

SWAPS & NOTES

& Substitutions Protein Swaps: Shrimp for a seafood twist
Salmon chunks for a richer flavor Sliced sausage for extra
smokiness Make It Lighter: Use half heavy cream and half milk.
Gluten-Free Option: Swap in gluten-free pasta.

Veggie Variations: Zucchini, spinach, or cherry tomatoes work
beautifully here.

Cook the Pasta Bring a large pot of salted water to a boil.

TIPS FOR SUCCESS

Don't overcook the chicken - remove it as soon as it's done.

Freshly grated Parmesan melts more smoothly than pre-shredded.

Add pasta water slowly - it helps emulsify the sauce beautifully.

Taste before adding extra salt - Cajun seasoning and Parmesan already add saltiness.

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