

Creamy Cajun Chicken Pasta Recipe for an Easy Spicy Weeknight Dinner

1 tablespoon Cajun seasoning



TIME
6 to 7 min

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INGREDIENTS

For the chicken:

- 2 large chicken breasts
- 1 tablespoon Cajun seasoning
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Salt, to taste
- Black pepper, to taste

2 tablespoons olive oil

For the pasta:

- 12 ounces rigatoni or penne pasta
- 1 small red onion, chopped
- 1 red bell pepper, chopped
- 4 cloves garlic, minced
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 1/2 cup diced tomatoes
- 1 teaspoon Cajun seasoning, adjust to taste
- Fresh parsley, chopped, for garnish

DIRECTIONS

1. Season and cook the chicken: Season the chicken breasts with Cajun seasoning, garlic powder, paprika, salt, and black pepper.
2. Heat the olive oil in a skillet over medium-high heat. Cook the chicken for about 6 to 7 minutes per side, until browned and fully cooked through.
3. Let the chicken rest for 5 minutes, then slice it into strips.
4. Cook the pasta: Cook the pasta according to the package directions. Drain and set aside.
5. Sauté the vegetables: In the same skillet, heat the olive oil. Add the chopped onion and red bell pepper and cook until softened.
6. Add the minced garlic and cook for another minute, until fragrant.
7. Make the sauce: Pour in the heavy cream and add the Parmesan cheese. Stir until the sauce is smooth.
8. Add the diced tomatoes and : Cajun seasoning. Season with salt and black pepper to taste.
9. Let the sauce simmer on low heat for about 5 minutes, until it thickens slightly.
10. Combine everything: Add the cooked pasta to the sauce and toss until evenly coated.
11. Top with the sliced chicken and sprinkle with chopped fresh parsley.
12. Serve: Serve hot and enjoy right away while the sauce is creamy and the chicken is tender.

SWAPS & NOTES

Rigatoni and penne both work especially well because they hold onto the creamy sauce nicely.

Any short pasta with ridges will be a good fit here.

Chicken breasts keep the dish lean and easy to slice, but boneless chicken thighs can also work if you want a slightly richer flavor.

The Cajun seasoning level can be adjusted based on your preference and the blend you are using.

TIPS FOR SUCCESS

Let the chicken rest before slicing so it stays juicy.

Cook the pasta just until al dente so it holds up well once tossed in the sauce.

Use low heat once the cream and Parmesan go in so the sauce stays smooth and does not break.

Taste before serving and adjust the Cajun seasoning carefully.

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