

## Creamy Chicken Penne with Parmesan and Fresh Herbs

Creamy Parmesan Herb Chicken Penne: Easy Weeknight Pasta



**TIME**  
**5 to 6 min**

**TEMP**  
**165°F**

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**SAVE**  
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### INGREDIENTS

Main Ingredients:

- 12 ounces penne pasta
- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil or unsalted butter
- 3 cloves garlic, minced
- 1 cup heavy cream
- 3/4 cup freshly grated Parmesan cheese
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon Italian seasoning
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh basil, optional
- 1 cup reserved pasta water, for adjusting sauce consistency

### DIRECTIONS

1. Bring a large pot of salted water to a boil. Add the penne and cook until al dente according to package directions. Before draining, reserve 1 cup of pasta water. Drain and set the pasta aside.
2. While the pasta cooks, heat olive oil or butter in a large skillet over medium-high heat.
3. Season the chicken with sea salt, black pepper, and Italian seasoning.
4. Add the chicken to the skillet and cook for 5 to 6 minutes per side, until golden and fully cooked through to 165°F. Remove from the skillet and let rest for 5 minutes, then slice thinly.
5. Reduce the heat to medium. Add a little more oil or butter to the skillet if needed.
6. Add the minced garlic and sauté for 30 to 60 seconds, just until fragrant.
7. Slowly pour in the heavy cream, whisking to combine. Bring it to a gentle simmer, but do not boil.
8. Stir in the : Parmesan cheese a little at a time, whisking constantly until melted and smooth. Simmer for 3 to 4 minutes until slightly thickened.
9. If the sauce becomes too thick, add reserved pasta water a few tablespoons at a time until it reaches your desired consistency.
10. Add the cooked penne to the sauce and stir until fully coated.
11. Add the sliced chicken, chopped parsley, and basil if using. Toss everything together until well combined.
12. Serve in warm bowls with extra : Parmesan and herbs on top if desired.

## SWAPS & NOTES

Penne is great for this recipe because the tubes catch plenty of sauce, but rigatoni or rotini would also work well.

If you prefer a slightly lighter sauce, you can use half-and-half, though the texture will not be quite as rich as heavy cream.

Freshly grated Parmesan makes a big difference here.

It melts more smoothly and gives the sauce a better flavor than pre-shredded cheese.

### TIPS FOR SUCCESS

Pulling it from the skillet as soon as it reaches 165°F helps it stay juicy and tender.

Letting it rest before slicing also helps keep those juices in the meat.

When making the sauce, keep the heat moderate.

A gentle simmer is enough to thicken the cream without risking separation.

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

Original recipe: <https://chefmaniac.com/creamy-chicken-penne-with-parmesan-and-fresh-herbs/>