

Comfort Food at Its Best: Creamy Chicken and Sausage Rotini with Bell Peppers and Garlic

Creamy Sausage and Chicken Rotini



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10 min

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INGREDIENTS

You'll Need

For the Pasta: 1 lb rotini pasta:

For the Cream Sauce: 1 cup heavy cream 1/2 cup chicken broth 1/2 cup grated Parmesan cheese Salt and pepper, to taste For Finishing: 2 tbsp fresh parsley, chopped (for garnish) Reserved pasta water, as needed:

DIRECTIONS

1. Step-by- Step: How I Make It
2. Cook the : Pasta
3. I bring a large pot of salted water to a boil and cook the rotini until al dente. It usually takes 8-10 minutes. Before draining, I scoop out about a cup of the pasta water to thin the sauce later if needed. Then I drain the pasta and set it aside.
4. Brown the : Sausage and Chicken
5. While the pasta cooks, I heat 1 tablespoon of olive oil in a large skillet over medium heat. I add the sliced sausage and cook until browned and crispy on both sides, about 4-5 minutes. Once done, I remove the sausage and set it aside.
6. In the same skillet, I add another tablespoon of oil and the chicken chunks. I season them with salt and pepper and cook for 6-8 minutes, turning occasionally until they're golden and cooked through. I remove the chicken and set it aside with the sausage.
7. Make the : Sauce
8. Without wiping out the skillet, I lower the heat a little and add the minced garlic. It only needs about 1 minute-just until it's fragrant.
9. Then I toss in the sliced red and yellow bell peppers and cook for 3-4 minutes until just tender. They should still have a little bite to them.
10. I pour in the heavy cream and chicken broth, stirring to combine and scraping up any browned bits from the bottom. I let the sauce simmer for 5 minutes to thicken slightly.
11. Next, I stir in the : Parmesan cheese and red pepper flakes, then season the sauce with salt and black

pepper to taste.

12. Combine : Everything
13. Once the sauce is smooth and thickened, I add the drained rotini back into the skillet along with the cooked sausage and chicken. I toss everything together until it's evenly coated in that creamy, garlicky sauce.
14. If the sauce feels too thick, I add a splash or two of the reserved pasta water until it reaches the perfect consistency.
15. Finish and : Serve
16. Right before serving, I sprinkle chopped fresh parsley over the top for color and freshness. Then I spoon it into bowls while it's still steaming and let everyone top theirs with extra Parmesan if they want (which they always do).
17. My Tips for : Best Results
18. Use rotini or any pasta with ridges
19. -it helps catch all the sauce.
20. Brown the sausage well
21. for maximum flavor-you want those crispy edges.
22. Don't overcook the peppers
23. -they should stay vibrant and a little crisp.
24. Always reserve pasta water
25. -it's the secret to a perfectly silky sauce.

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