

Cajun Chicken Pasta

Ingredients:

- ✓ 1 lb pasta
- ✓ 4 tbsp olive oil
- ✓ 2 lbs chicken, thin
- ✓ 1 ½ tbsp + 3-4 tsp Cajun seasoning
- ✓ 1 onion, chopped
- ✓ 2 bell peppers, chopped
- ✓ 1 ½ tbsp minced garlic
- ✓ Crushed red pepper flakes
- ✓ 1 ½ -2 cup chicken broth
- ✓ 2 cup milk
- ✓ 4oz cream cheese, room temp
- ✓ 1 cup grated parmesan
- ✓ 2 tbsp chopped fresh basil



Total Time: 45 minutes Servings: 4-5

Directions:

1. Cook pasta according to directions and set aside.
2. Rub the chicken with a little olive oil and then rub on 1 ½ tbsp Cajun seasoning. In a large pan or skillet heat 2 tbsp olive oil and cook chicken until browned all over and set aside.
3. In the same pan cook onions for about 4 minutes, then add 2 tbsp more olive oil, the bell peppers, and the garlic. Cook until peppers are soft, about 5 minutes. Add 3-4 tsp Cajun seasoning, and a pinch of salt, pepper, and red pepper flakes. Cook 1 more minute before adding in broth, milk, and cream cheese. Whisk until smooth and bring to a simmer. Let simmer for 5 minutes until sauce is thickened slightly.
4. Stir in parmesan, then add chicken and pasta. Cook 2-3 minutes. Stir in basil and serve.