

# Creamy Cajun Chicken Pasta

**Prep Time:** 10 minutes   **Cook Time:** 20 minutes   **Total Time:** 30 minutes

Creamy Cajun Chicken Pasta is such a simple and quick recipe, perfect for weeknight dinners. Juicy chicken breast tossed with tender pasta in a creamy cajun garlic sauce, ready in 30 minutes.

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**Course:** Main Course

**Cuisine:** Cajun

**Skill Level:** Easy

**Cost to Make:** \$10-\$12

**Servings:** 6 servings



## Ingredients

- 8 oz linguine pasta
- 2 boneless skinless chicken breasts
- 2 tsp **olive oil**
- 2 Tbsp unsalted butter
- 2 Tbsp **cajun seasoning**, divided, (or added to taste depending on the brand you use\*)
- 3 garlic cloves, minced
- 2/3 cup diced tomatoes
- 1 1/2 cup heavy whipping cream
- 1/2 cup grated parmesan cheese
- 2 Tbsp parsley, finely chopped, to serve

## Instructions

1. Bring a **large pot** of water to a boil and add 1 Tbsp salt. Cook pasta according to package instructions until al dente. Reserve 1/2 cup of pasta water then drain, cover, and keep warm.
2. Beat the chicken breasts so that they are even in thickness and season all over with 1½ Tbsp cajun seasoning.
3. In a large non-reactive skillet\*, heat 2 tsp oil over medium-high heat. Once hot, add the chicken and sear on both sides. Turn heat down to low and saute until cooked through and 165°F on a **thermometer**. Transfer to a cutting board, slice into thin strips, and cover to keep warm.
4. In the same skillet over medium heat, saute the butter and garlic for 30-60 seconds or until the garlic is fragrant. Add the diced tomatoes and saute another 2 minutes.
5. Add in the heavy whipping cream, add remaining cajun seasoning to taste, and parmesan cheese, and bring to a simmer. Season to taste if needed.

6. Add the sliced chicken and cooked pasta to the sauce and toss until combined and pasta and chicken are warmed through. Add warm reserved pasta water if desired to thin the sauce. Serve with freshly grated parmesan and chopped parsley.

### Recipe Notes

\*Avoid using cast iron or copper pans anytime you are making a creamy sauce with an acidic product like tomato or it will react and make the sauce grainy.

\*If you are using a cajun seasoning that has a high salt content, start with half of the seasoning and add more to taste.

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