

Zucchini Bread Recipes

Creamy Cajun Chicken Pasta

20 min Prep time	**25 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Cajun** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, cut into bite-size pieces
- [ ] 12 oz fettuccine or your favorite pasta
- [ ] 1 tbsp Cajun seasoning
- [ ] 2 tbsp olive oil
- [ ] 1 red bell pepper, sliced
- [ ] 1 small onion, thinly sliced
- [ ] 2 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] ½ cup grated Parmesan cheese
- [ ] Juice of ½ lemon
- [ ] 2 tbsp fresh parsley, chopped
- [ ] Salt and pepper to taste

For the Sauce

- [ ] ¼ cup chicken broth
- [ ] ¼ tsp smoked paprika
- [ ] ¼ tsp dried thyme

Instructions

1. Season the chicken pieces with Cajun seasoning, salt, and pepper; set aside.



2. Cook the pasta according to package directions until al dente; reserve ½ cup of cooking water and drain.



3. In a large skillet over medium-high heat, warm olive oil and sear the chicken until golden brown, about 4-5 minutes; remove and keep warm.

4. Add the sliced bell pepper, onion, and garlic to the same skillet; sauté until softened, about 3 minutes.



5 Stir in the broth, smoked paprika, and thyme, scraping up any browned bits, then pour in the heavy cream; bring to a gentle simmer.



6 Return the chicken to the pan, add the cooked pasta, and toss everything together. Stir in Parmesan, lemon juice, and a splash of reserved pasta water if needed; finish with fresh parsley.



Nutrition per serving

620 kcal	32 g	45 g	38 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a little more broth or pasta water.
- Taste and adjust seasoning before serving; a pinch of extra Cajun spice can brighten the flavor.
- For a smoky twist, add a dash of liquid smoke to the sauce.