

# Creamy Cajun Chicken Pasta

**Makes:** 3 to 4 Helpings • **Prep Time:** 10 minutes • **Cook Time:** 10 minutes

## Ingredients

1 large chicken breast (cut into strips)  
1 Tbsp. Cajun seasoning  
1 Tbsp. extra virgin olive oil  
Pinch or two freshly ground black pepper  
6 oz. Penne pasta (or pasta of your choice)  
1/2 red bell pepper, diced  
1/2 cup low-sodium chicken broth  
1/2 cup cream (35%)  
pinch or two of salt  
2 Tbsp. grated Parmesan Cheese  
Flat-leaf parsley (optional)

## Directions

**In a medium bowl**, toss chicken strips with Cajun seasoning, olive oil and black pepper. Set in the refrigerator to marinate. While chicken is marinating, cook pasta according to package directions. Drain and set aside.

**To cook chicken**, heat a skillet over medium heat. Add marinated chicken strips to pan and spread them out evenly in the pan. Let cook, without stirring, for 1 minute. Turn each chicken strip over to cook the other side, without stirring, for 1 minute. Stir and continue to cook chicken strips until they are no longer pink on the inside, about 1 minute longer. Remove cooked chicken from the pan and set aside.

**While the skillet is still hot**, add diced red pepper to pan. Cook and stir to slightly soften, about 2 minutes. Pour in broth. Combine browned bits in the pan with the broth. Reduce the broth until streaks appear in the pan when you swipe a wooden spoon through the broth (see video on blog post for a visual), about 4 to 5 minutes. Stir in cream. Season with salt and stir again. Add cooked chicken and pasta. Stir to coat with sauce. Top with Parmesan cheese and parsley (if using).



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