



ONE POT CAJUN CHICKEN PASTA –

(👉 less flavor, time saver version)

Makes: 3 to 4 Servings • Ready In: 20 to 25 minutes

INGREDIENTS

6 oz. pasta (fusilli or penne works well)
2 chicken breasts
1 Tbsp. Cajun seasoning
1 Tbsp. each soy sauce
1 Tbsp. extra virgin olive oil
1 roasted red pepper, from a jar, diced (or dice 1 red bell pepper)
½ cup low-sodium chicken broth
¼ tsp garlic powder
½ cup cream (35%)
2 Tbsp. grated Parmesan cheese




STEPS

In a deep 12-inch pan, cook pasta according to package directions. While pasta is cooking, on a cutting board, cut chicken into bite-sized pieces. Evenly sprinkle chicken pieces with Cajun seasoning. Then drizzle chicken with soy sauce and extra virgin olive oil. Toss to coat each piece of chicken. When pasta is ready, drain in a colander and set aside.

To cook chicken, heat the same pan over medium heat. Add seasoned chicken pieces to pan. Cook without stirring to brown one side of chicken pieces, about 2 minutes. Turn each piece over to brown the other side. Continue to cook until chicken is no longer pink in the middle. Transfer cooked chicken to a bowl and set aside.

Return pan to heat and add red pepper. Cook and stir for 1 minute. Pour in broth. Scrape up any brown bits with a wooden spoon. Reduce sauce until streaks appear in it when a stirring spoon is swiped through, about 4 minutes. Remove pan from heat. Stir in garlic powder, cream and Parmesan cheese. Return cooked pasta and chicken to pan. Toss to coat.

 **Waste Less:** To reduce our consumption of paper towels we use reusable kitchen bar mops to wipe countertops and clean-up small messes. You'll find the ones we use on our "must haves" page [here](#).