



ONE POT CAJUN CHICKEN PASTA

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 and extra virgin olive oil
½ onion, chopped
1 clove garlic, minced
1 roasted red pepper, from a jar, diced (or dice 1 red bell pepper)
½ cup low-sodium chicken broth
½ cup cream (35%)
2 Tbsp. grated Parmesan cheese
Flat-leaf parsley, chopped (optional)




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 Add onion. Cook and stir until tender, about 2 to 3 minutes. Add garlic and red pepper. Cook and stir for 1 minute more. 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 cream and Parmesan cheese. Return cooked pasta and chicken to pan. Toss to coat. Top with a sprinkle of parsley (if using).

 **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](#).