

Treasure Barrel

Cajun Chicken Pasta Recipe: Easy Family Dinner

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American / Cajun** Cuisine

Ingredients

For the Chicken and Pasta

- [ ] 1 lb boneless, skinless chicken breast, cut into 1-inch cubes
- [ ] 2 tablespoons Cajun seasoning, divided
- [ ] 2 tablespoons olive oil
- [ ] 12 oz penne pasta (or your favorite shape)
- [ ] 1 red bell pepper, thinly sliced
- [ ] 1 green bell pepper, thinly sliced
- [ ] 1 small yellow onion, chopped

For the Creamy Cajun Sauce

- [ ] 4 cloves garlic, minced
- [ ] 1/2 cup chicken broth
- [ ] 1 1/2 cups heavy cream
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1/4 teaspoon smoked paprika (optional, for color and depth)
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh parsley or sliced green onions, for garnish

Instructions

1. First, let's get the pasta water on to boil. A big pot, plenty of water, and a generous pinch of salt. While that's coming to a boil, we'll prep our chicken. Place the chicken cubes in a bowl and sprinkle them with about 1 1/2 tablespoons of the Cajun seasoning. Toss them gently with your hands to make sure every single piece is coated in those beautiful spices. This step is so important for building that foundational flavor.

2. Once your pasta is cooking, heat the olive oil in a large, deep skillet or Dutch oven over medium-high heat. The oil should shimmer just a little. Carefully add the seasoned chicken to the pan in a single layer. Let it cook for about 3-4 minutes per side, without moving it too much. You want to get a gorgeous, deep golden-brown crust on it. That’s where the magic is! Once cooked through, remove the chicken from the pan and set it aside on a plate.

3. In that same skillet, add the sliced bell peppers and onion. Oh, the sound and smell are just divine. Sauté them for about 5-7 minutes, until they’ve softened and picked up all those lovely browned bits from the bottom of the pan. Now, add the minced garlic and the remaining Cajun seasoning and smoked paprika, if you're using it. Stir for just about 30 seconds until the garlic is fragrant. Be careful not to let it burn, as it can turn bitter so quickly.

4 Pour in the chicken broth to deglaze the pan, scraping up any last flavourful bits with a wooden spoon. Let it bubble for a minute, then reduce the heat to medium-low and slowly pour in the heavy cream. Stir everything together and let it gently simmer for a few minutes to thicken slightly. Now, stir in the grated Parmesan cheese until it melts into a smooth, velvety sauce. It's a similar process to making a classic chicken alfredo, just with a spicy, soulful twist.

5 By now, your pasta should be perfectly al dente. Drain it well and add it directly to the skillet with the sauce. Add the cooked chicken back in as well. Give everything a gentle, loving toss until the pasta and chicken are completely coated in that beautiful, creamy sauce. Let it all mingle together for a minute or two over low heat. Taste it one last time and adjust with salt and pepper if needed. Serve it up hot, garnished with fresh parsley or green onions for a little pop of color and freshness. Just beautiful.

Nutrition per serving

650 kcal	38 g	50 g	35 g
Calories	Protein	Carbs	Fat

Tips & notes

- Don’t be shy with the Cajun seasoning on the chicken. It forms a delicious crust when seared and seasons the oil, which then becomes the base for the entire sauce. It’s a flavor that builds on itself beautifully throughout the cooking process.
- The starchy water that the pasta cooks in is liquid gold! I always save about a cup of it before draining. If you find your sauce is a bit too thick after adding the cheese, a small splash of this water will thin it out perfectly while helping the sauce cling to the noodles.
- For another incredibly simple and flavorful weeknight pasta, you might also adore this creamy pesto pasta. It has that same comforting, one-pan feel that makes dinner feel like less of a chore and more of a joy.