

Treasure Barrel

Cajun Cream Cheese Chicken Pasta Bake Recipe

20 min Prep time	**35 min** Cook time	**55 min** Total time
6 Servings	**Medium** Difficulty	**Cajun** Cuisine

Ingredients

For the Chicken and Pasta

- [ ] 1 ½ lbs boneless, skinless chicken breasts, cut into 1-inch pieces
- [ ] 12 oz penne pasta
- [ ] 2 tbsp olive oil
- [ ] 1 medium yellow onion, diced
- [ ] 1 red bell pepper, diced
- [ ] 3 cloves garlic, minced

For the Sauce and Seasoning

- [ ] 2 tbsp Cajun seasoning
- [ ] 1 (8 oz) block cream cheese, softened and cubed
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 cup heavy cream
- [ ] 1 cup shredded mozzarella cheese, divided
- [ ] ½ cup grated Parmesan cheese
- [ ] Salt and black pepper to taste
- [ ] Fresh parsley, chopped for garnish

Instructions

1. Preheat your oven to 375°F (190°C). Bring a large pot of salted water to a boil and cook the penne pasta according to package directions until it's just shy of al dente, about 1-2 minutes less than recommended. Drain and set aside.

2. While the pasta cooks, pat the chicken pieces dry with paper towels. Heat the olive oil in a large, oven-safe skillet or Dutch oven over medium-high heat. Add the chicken in a single layer and sprinkle with the Cajun seasoning. Cook for 5-7 minutes, stirring occasionally, until the chicken is cooked through and has a nice sear. Transfer the chicken to a plate.

3. Reduce the heat to medium. Add the diced onion and bell pepper to the same skillet. Sauté for 4-5 minutes until they begin to soften. Add the minced garlic and cook for another minute until fragrant.

4. Pour in the chicken broth, scraping up any browned bits from the bottom of the pan. Let it simmer for a minute. Reduce the heat to low. Add the cubed cream cheese and heavy cream. Whisk continuously until the cream cheese has completely melted and the sauce is smooth.

5. Stir in half of the mozzarella cheese and all of the Parmesan cheese until melted. Taste the sauce and season with salt and pepper as needed. Return the cooked chicken and any accumulated juices to the skillet. Gently fold in the cooked pasta until everything is evenly coated in the sauce.

6 Sprinkle the remaining mozzarella cheese evenly over the top. Transfer the skillet to the preheated oven and bake for 15-20 minutes, or until the cheese is melted, bubbly, and lightly golden on top.

7 Carefully remove the skillet from the oven. Let the pasta bake rest for 5-10 minutes before serving. This allows the sauce to thicken up. Garnish with fresh parsley and serve warm.

Nutrition per serving

585 kcal	41 g	42 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you don't have an oven-safe skillet, transfer the mixture to a greased 9x13 inch baking dish before adding the final cheese and baking.
- For extra veggies, try adding sliced mushrooms or spinach when you sauté the peppers and onions.
- Leftovers reheat wonderfully. Add a splash of broth or cream when reheating to refresh the sauce.