

Treasure Barrel

Creamy Cajun Chicken Pasta

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Cajun** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 12 oz penne pasta
- [ ] 2 tbsp Cajun seasoning
- [ ] 2 tbsp olive oil
- [ ] 1 cup heavy cream
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 lemon, juiced

For the Sauce

- [ ] 1 cup chicken broth
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp smoked paprika
- [ ] Fresh parsley, chopped

Instructions

1. Season the chicken with Cajun seasoning and a pinch of salt.
2. Heat olive oil in a large skillet over medium-high heat; sear chicken until golden, then set aside.
3. In the same pan, sauté garlic until fragrant, add smoked paprika, then pour in chicken broth and bring to a simmer.
4. Add the uncooked pasta, stir, and cook until al dente, adding water if needed.
5. Return chicken to the pan, stir in heavy cream and Parmesan, simmer gently until sauce thickens.
6. Finish with lemon juice and fresh parsley; serve hot.

Nutrition per serving

540 kcal	30 g	45 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash of reserved pasta water.
- Adjust the heat level by reducing or increasing the amount of Cajun seasoning.
- For extra richness, stir in a pat of butter right before plating.