

Treasure Barrel

Creamy Garlic Chicken Pasta in 25 Minutes

5 min Prep time	**20 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main ingredients

- [ ] 12 oz (340 g) penne or fettuccine
- [ ] 1 lb (450 g) boneless chicken breast, cut into bite-size pieces
- [ ] 2 tbsp olive oil
- [ ] 3 tbsp unsalted butter
- [ ] 5 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] 1 cup low-sodium chicken broth
- [ ] 3/4 cup grated Parmesan cheese
- [ ] 1 tsp Italian seasoning
- [ ] Salt and black pepper, to taste
- [ ] 2 tbsp chopped fresh parsley

Optional garnish

- [ ] Extra Parmesan cheese
- [ ] Red pepper flakes
- [ ] Fresh basil leaves

Instructions

1. Bring a large pot of salted water to a boil. Cook the pasta according to the package directions until al dente, usually 9-11 minutes. Before draining, save 1 cup of pasta water. Drain and set aside.
2. While the pasta cooks, season the chicken with salt, pepper, and Italian seasoning. Heat the olive oil in a large deep pan over medium-high heat. Cook the chicken for 4-5 minutes, turning once, until golden and cooked through. Remove to a plate.
3. In the same pan, melt the butter over medium heat. Add the garlic and stir for 30 seconds until fragrant — watch it closely so it does not brown.
4. Pour in the chicken broth, scraping up the browned bits from the pan. Stir in the heavy cream and bring to a gentle simmer. Do not boil hard, or the cream can split.
5. Stir in the Parmesan cheese a little at a time until the sauce is smooth. Return the chicken to the pan and simmer for 2 minutes.
6. Add the drained pasta and toss until every piece is coated. If the sauce is too thick, add pasta water a splash at a time until it is silky.
7. Taste and add more salt or pepper if needed. Serve hot, topped with parsley and extra Parmesan.

Nutrition per serving

620 kcal	38 g	52 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

Cut the chicken into even pieces so it cooks at the same time.
Let the sauce simmer gently, a rolling boil can break the cream.
Add the Parmesan a handful at a time, so it melts smoothly.
Save 1 cup of pasta water before draining, it fixes a thick sauce.