

Treasure Barrel

Creamy Garlic Parmesan Chicken Pasta One Pot

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 tbsp olive oil
- [ ] 8 oz boneless skinless chicken breast, diced
- [ ] 8 oz uncooked penne pasta

The Sauce

- [ ] minced garlic
- [ ] diced onion
- [ ] 1 cup heavy cream
- [ ] 1 cup low-sodium chicken broth
- [ ] 1 cup freshly grated Parmesan cheese

Finishers

- [ ] 1 cup fresh spinach leaves
- [ ] pinch of red pepper flakes
- [ ] 2 tbsp melted butter
- [ ] chopped fresh parsley
- [ ] extra sprinkle of Parmesan

Instructions

1. Start by heating your 2 tbsp olive oil in the pot over medium heat. Once it's shimmering, add the 8 oz boneless skinless chicken breast, diced, and season with a bit of salt and pepper. Cook it until the chicken is a lovely golden brown on all sides, which usually takes about 4-5 minutes. Now, just move the chicken to a plate for a little while.

2. In that same pot—don't wash it, those brown bits are where the flavor lives—toss in your minced garlic and diced onion. Sauté them until the onion softens and the garlic smells wonderful, about 2 minutes.

3. Pour in 1 cup of heavy cream and 1 cup of low-sodium chicken broth. Use your spoon to stir and deglaze the pot, scraping up all those savory browned bits from the bottom. Honestly, that's the best part.

4. Add the 8 oz uncooked penne pasta to the liquid. Bring the whole mixture to a gentle boil, then turn the heat down to a simmer. Cook for 9-10 minutes, stirring every now and then, until the pasta is al dente and the sauce has thickened up nicely.

5. Bring the browned chicken back home to the pot. Stir in 1 cup of fresh spinach leaves and a pinch of red pepper flakes if you like a tiny bit of warmth.

6. Stir in 1 cup of freshly grated Parmesan cheese. Watch it melt into a silky, creamy sauce. This is where you'll want to check your seasoning and add a pinch more salt or pepper if it needs it.

7. Let it simmer for another 2 minutes. Just enough time for everything to get piping hot and for the spinach to wilt down into the pasta.

8. Turn off the heat. Spoon the pasta into your serving bowl and, for a little extra richness, drizzle 2 tbsp of melted butter right on top. Wow, it smells amazing.

9. Garnish with a handful of chopped fresh parsley and an extra sprinkle of Parmesan if you're feeling fancy. Serve it immediately while it's hot.

Nutrition per serving

680 kcal	38 g	42 g	34 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using a single pot makes cleanup so much easier on a weeknight.
- Freshly grated cheese melts much smoother than the pre-shredded kind.
- The spinach adds a lovely pop of color and a bit of freshness to the rich cream.