

Treasure Barrel

Creamy Spaghetti Chicken: Easy Family Dinner Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

For the Pasta and Chicken

- [ ] 12 oz dried spaghetti
- [ ] 1 lb boneless, skinless chicken breasts, cut into 1-inch cubes
- [ ] 1 tablespoon olive oil
- [ ] 1 teaspoon Italian seasoning
- [ ] Salt and black pepper to taste

For the Creamy Sauce

- [ ] 3 cloves garlic, minced
- [ ] 1 cup chicken broth
- [ ] 1 cup heavy cream
- [ ] 1 cup freshly grated Parmesan cheese,1/4 cup chopped fresh parsley,Salt and black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil. Cook the spaghetti according to package directions until al dente. Before draining, reserve about 1 cup of the starchy pasta water. Drain the pasta and set it aside.
2. While the pasta cooks, season the cubed chicken with Italian seasoning, salt, and pepper. Heat the olive oil in a large skillet over medium-high heat. Add the chicken in a single layer and cook for 5-7 minutes, stirring occasionally, until golden brown and cooked through. Transfer the chicken to a plate.
3. Reduce the heat to medium. In the same skillet, add the minced garlic and cook for about 1 minute until fragrant. Pour in the chicken broth to deglaze the pan, scraping up any browned bits from the bottom. Let it simmer for 2 minutes.
4. Reduce the heat to low. Stir in the heavy cream and grated Parmesan cheese. Keep stirring until the cheese has melted and the sauce is smooth. If the sauce seems too thick, add a splash of the reserved pasta water until it reaches your desired consistency.
5. Add the cooked spaghetti and the chicken back into the skillet with the sauce. Toss everything together until the pasta and chicken are evenly coated. Stir in most of the chopped parsley. Taste and adjust seasoning with more salt and pepper if needed.
6. Serve immediately, garnished with the remaining fresh parsley and an extra sprinkle of Parmesan cheese.

Nutrition per serving

580 kcal	38 g	52 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra flavor, you can add a pinch of red pepper flakes with the garlic.
- If you have them, sun-dried tomatoes or sautéed mushrooms are delicious additions.
- Leftovers will keep in an airtight container in the refrigerator for up to 3 days.