



# Creamy Tuscan Chicken Pasta Recipe

## The Story Behind the Spice

My grandson thinks I invented spicy food. I still laugh at that. The truth is, I learned to love spice from my own travels. This pasta reminds me of sunny hillsides far away.

It feels like a warm adventure in a bowl. That is why this matters. A good meal can take you places, even from your own kitchen. What is the spiciest dish you have ever tried?

## A Little Secret for the Chicken

Do not skip the step with the paprika and cayenne. Rubbing the spices right on

the chicken is key. It makes the flavor sink deep into every bite.

I remember once I forgot the salt in the rub. The chicken was so shy and quiet. We all need a little seasoning to help us shine. This is a small step that makes a big difference.

## **Making the Heart of the Sauce**

Now, for the best part. You will melt the butter in the same pan. All those little brown bits from the chicken are pure gold. They hold so much flavor.

You add the onion and sun-dried tomatoes. Does not that smell amazing? It smells like a busy, happy kitchen. Fun fact: sun-dried tomatoes are like little flavor bombs because most of their water is gone!

## **Bringing It All Together**

When you add the creamy sauce to the pasta, be gentle. Toss it like you are mixing a precious salad. You want every piece of linguine to get a cozy coat.

Then you fold in the spinach. Watch it wilt down into bright green ribbons. It is magic. Do you prefer your spinach cooked a lot or just a little?

## **Why This Meal Feels Special**

This is not a quiet dinner. It is a talker. The spice makes you pay attention. It wakes up your whole mouth and makes you feel alive.

That is why this matters. Food should be a little exciting sometimes. It is a reason to gather and share a feeling. What meals make you feel excited to sit at the table?





## Creamy Tuscan Chicken Pasta Recipe

### Ingredients:

| Ingredient                        | Amount           | Notes                                 |
|-----------------------------------|------------------|---------------------------------------|
| Linguine                          | 16 ounces        |                                       |
| Boneless skinless chicken breasts | 2                | Sliced in half horizontally           |
| Paprika                           | 1 teaspoon       | For chicken seasoning                 |
| Cayenne pepper                    | 1 teaspoon       | For chicken seasoning                 |
| Kosher salt                       | 1 teaspoon       | For chicken seasoning                 |
| Black pepper                      | ½ teaspoon       | For chicken seasoning                 |
| Extra virgin olive oil            | 1 tablespoon     | For cooking chicken                   |
| Unsalted butter                   | 2 tablespoons    |                                       |
| Yellow onion                      | 1 medium         | Finely diced                          |
| Sun-dried tomatoes                | ½ cup            | Softened in hot water, finely chopped |
| Tomato paste                      | ¼ cup (56 g)     |                                       |
| Garlic                            | 2 teaspoons      | Minced                                |
| Chicken stock                     | 1 cup (240 g)    |                                       |
| Heavy cream                       | 1 ½ cups (357 g) |                                       |
| Parmesan cheese                   | ¼ cup            | Finely grated                         |
| Crushed red pepper                | 1 teaspoon       |                                       |
| Kosher salt                       | 1 teaspoon       | For sauce                             |
| Black pepper                      | ¼ teaspoon       | For sauce                             |
| Baby spinach                      | 2 cups           |                                       |





## Creamy Tuscan Chicken Pasta Recipe

### A Little Spice for a Cozy Night

This pasta always reminds me of my grandson, Leo. He loves anything with a little kick. One night, he helped me make this very dish. His eyes got so wide when I added the cayenne pepper. I told him it was just like a warm hug from the inside. Now it's his favorite meal to help with. Doesn't that smell amazing when it all comes together?

See also 5-Spice Chicken with Mushrooms & Veggies

It looks fancy, but it's really quite simple. We use just one big pan for most of the cooking. That means fewer dishes to wash later. I always love a good kitchen shortcut. This recipe is perfect for a busy weeknight. It makes the whole house feel warm and welcoming.

- **Step 1:** First, get your pasta water boiling. Add a good pinch of salt to the pot. It should taste like the sea. This is the only chance to flavor the pasta itself. Cook your linguine until it's just tender. Then drain it and set it aside for its saucy bath later.
- **Step 2:** Now, let's prepare our chicken. Slicing the breasts in half makes them cook faster. It also makes them more tender. Mix your spices in a little bowl. I love the red color of the paprika. Rub that lovely spice mix all over the chicken pieces.
- **Step 3:** Heat some oil in your big skillet. Carefully add the chicken. You should hear a happy sizzle. Cook it until it's golden brown on both sides. (A hard-learned tip: Don't move the chicken too soon! Let it get a nice crust.) Then take it out to rest. It will be so juicy.
- **Step 4:** In that same pan, melt your butter. Oh, the smell is wonderful. Add the onion and sun-dried tomatoes. Let them get soft and friendly. Stir in the tomato paste and garlic. Your kitchen will smell like a little Italian restaurant. I still laugh at how Leo always sneezes when we add the

garlic.

- **Step 5:** Time for the magic! Pour in the chicken stock. Scrape all those tasty brown bits from the pan bottom. That's where all the flavor is hiding. Now add the cream, parmesan, and spices. Let it all bubble together into a creamy dream. **What's your favorite pasta shape for a creamy sauce? Share below!**
- **Step 6:** Toss in the fresh spinach. It looks like a lot at first. Watch it wilt down into the sauce. It gets all silky and green. This is how we sneak in our greens. Stir it gently until it's perfectly soft.
- **Step 7:** Now, bring it all together. Add your cooked pasta to the glorious sauce. Toss it until every strand is coated in creamy red goodness. I love this part. It feels like I'm tucking the pasta into a warm, flavorful blanket.
- **Step 8:** Finally, place your rested chicken on top. You can slice it or leave it whole. Serve it right away while it's hot and bubbly. Everyone will gather around the table quickly. I promise there will be happy, quiet mouths.

**Cook Time:** 30 minutes

**Total Time:** 45 minutes

**Yield:** 4 servings

**Category:** Dinner, Pasta

## Make It Your Own

This recipe is like a good friend. It's happy to change things up. Feel free to play with it based on what you have. Cooking should be fun, not strict. Here are a few ideas to get you started.

- **Mushroom Lover's Twist:** Skip the chicken. Use sliced mushrooms instead. They get so meaty and delicious. A perfect cozy vegetarian meal.
- **Extra Zing Version:** Love more heat? Add extra crushed red pepper. You could even add a pinch of chili flakes with the chicken spices. It will really wake up your taste buds.



- **Summer Garden Twist:** In the summer, use fresh cherry tomatoes. Just halve them and toss them in. They pop with sweet flavor. It tastes like sunshine in a bowl.

See also [Buffalo Chicken Tacos Recipe for Game Day](#)

**Which one would you try first? Comment below!**

## The Perfect Plate

Let's talk about serving this beauty. I like to twirl the pasta high with a fork. It makes a lovely little nest on the plate. Place a piece of that golden chicken right on top. A little extra sprinkle of parmesan cheese never hurt anybody. It looks so pretty.

For a side, a simple green salad is perfect. It adds a fresh, crisp crunch. Some garlic bread is also wonderful for soaking up every last drop of sauce. No sauce left behind in my kitchen!

What to drink? A chilled glass of Pinot Grigio pairs nicely. For a non-alcoholic treat, try sparkling lemonade. Its fizz and tang cut through the creamy sauce beautifully. **Which would you choose tonight?**





## Creamy Tuscan Chicken Pasta Recipe

# Keeping Your Tuscan Chicken Pasta Tasty

Let's talk about keeping your pasta delicious for later. Let the dish cool completely first. Then store it in a sealed container in the fridge. It will stay good for about three days.

You can freeze it for a busy night too. I pack single portions in freezer-safe boxes. This makes a quick meal for one person. My grandson loves finding these in my freezer.

Reheating is simple. Add a splash of water or cream to a pan. Warm it gently over medium heat, stirring often. This brings the sauce back to life beautifully.

Batch cooking saves so much time on a busy week. It means a good meal is always close by. That matters more than you think on a tired day. Have you ever tried storing it this way? Share below!

## Fixing Common Pasta Problems

Sometimes our cooking needs a little help. I see a few common troubles with this recipe. Do not worry. They are all easy to fix.

Is your sauce too thin? Let it simmer for a few more minutes. The extra heat will thicken the cream. I once added the pasta too early and had soup!

Is the chicken drying out? Make sure you do not overcook it. Take it off the heat as soon as it hits 165 degrees. This keeps it juicy and tender.

Finding the spice level too high? Use less cayenne and red pepper next time. You can always add more spice later. Controlling the heat builds your cooking confidence. Which of these problems have you run into before?

## Your Pasta Questions Answered

### **Q: Can I make this gluten-free?**

See also [Cheesy Chicken Ham Bake](#)

A: Yes! Just use your favorite gluten-free pasta. Cook it according to the package directions.

### **Q: Can I prepare parts ahead of time?**

A: You can mix the chicken spices ahead. You can also chop the onion and sun-dried tomatoes.

### **Q: What if I do not have heavy cream?**

A: Half-and-half will work in a pinch. The sauce will be a little less rich, but still good.

### **Q: Can I double this recipe?**

A: Absolutely. Use your biggest pot and skillet. It is perfect for feeding a crowd.

### **Q: Is the spinach necessary?**

A: No, but it adds a lovely color and a healthy boost. You can leave it out if you prefer. Which tip will you try first?

## A Note From My Kitchen to Yours

I hope you love making this cozy dish. It always makes my kitchen smell wonderful. The scent of garlic and tomatoes is pure happiness.

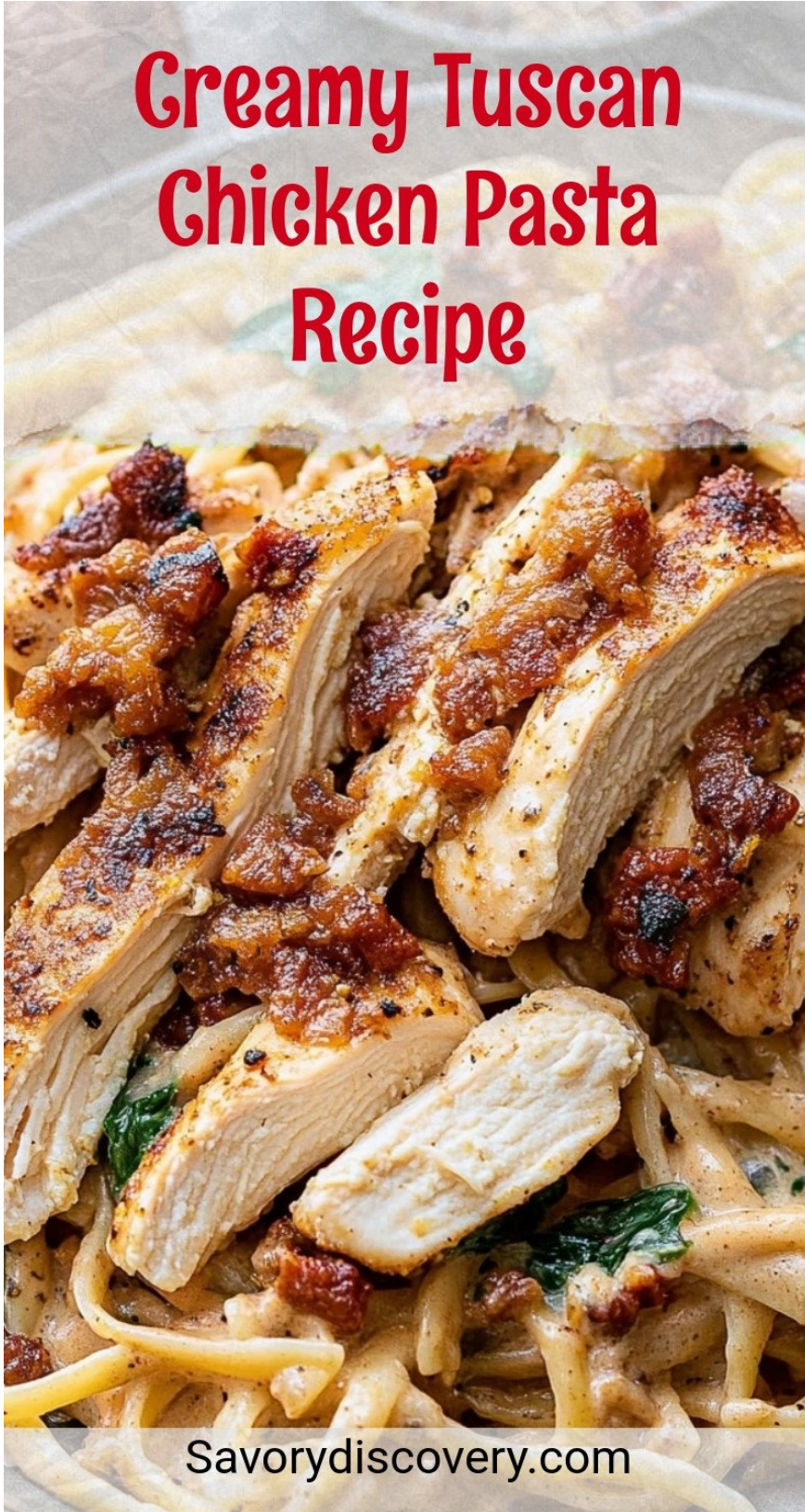


*Fun fact: Sun-dried tomatoes are just regular tomatoes that have lost most of their water in the sun!* I would be so delighted to see your creation. Sharing food is a way of sharing joy. Have you tried this recipe? Tag us on Pinterest!

Happy cooking!

—Elowen Thorn.

# Creamy Tuscan Chicken Pasta Recipe



Savorydiscovery.com

## Creamy Tuscan Chicken Pasta Recipe







## Creamy Tuscan Chicken Pasta Recipe | 16

[Print Recipe](#)

# **Creamy Tuscan Chicken Pasta Recipe**

Author: Elowen Thorn



Cooking Method: [Stovetop](#)

Cuisine: [Italian](#)



Courses: [Dinner](#) [Main](#)



Difficulty: **Beginner**



Prep time: **15 minutes**

Cook time: **25 minutes**

Rest time:



Total time: **40 minutes**



## Creamy Tuscan Chicken Pasta Recipe | 26

Servings: **4 servings**

Calories: **1039 kcal**

Best Season:**Summer**

## **Description**

A rich and comforting pasta dish featuring seasoned chicken in a creamy, sun-

dried tomato and spinach sauce.

## Ingredients

- □ 16 ounces linguine

### Chicken:

- □ 2 boneless skinless chicken breasts
- □ 1 teaspoon paprika
- □ 1 teaspoon cayenne pepper
- □ 1 teaspoon kosher salt
- □ ½ teaspoon black pepper
- □ 1 tablespoon extra virgin olive oil

### Pasta:

- □ 2 tablespoons unsalted butter
- □ 1 medium yellow onion, finely diced
- □ ½ cup sun-dried tomatoes, softened in hot water according to package instructions, finely chopped
- □ ¼ cup (56 g) tomato paste
- □ 2 teaspoons garlic, minced
- □ 1 cup (240 g) chicken stock
- □ 1 ½ cups (357 g) heavy cream
- □ ¼ cup parmesan cheese, finely grated
- □ 1 teaspoon crushed red pepper
- □ 1 teaspoon kosher salt
- □ ¼ teaspoon black pepper
- □ 2 cups baby spinach



## Instructions

1. Bring a large pot of salted water to a boil. Add the linguine and cook until al dente (about 9-10 minutes). Drain and set aside.
2. Slice each chicken breast in half horizontally to create 4 smaller chicken breasts. In a small bowl, combine paprika, cayenne pepper, kosher salt, and black pepper. Season the chicken breasts evenly on both sides with the seasoning mixture.
3. To a large skillet over medium-high heat, add the olive oil. When hot, add the chicken breasts and cook for 2-3 minutes on each side, or until they turn golden brown and reach an internal temperature of 165°F. Remove the chicken from the pan and tent it with foil to keep it warm.
4. In the same skillet, melt the butter. Add the diced onion, sun-dried tomatoes, and tomato paste. Cook for 2-3 minutes, or until the onion has softened. Add the minced garlic and cook for 1 more minute.
5. Stir in the chicken stock to deglaze the pan slightly, scraping the bottom bits as you go. Pour in the heavy cream, parmesan cheese, crushed red pepper flakes, kosher salt, and black pepper. Reduce the heat to medium-low and bring the sauce to a simmer.
6. Add spinach. Cook until wilted, about 3-4 minutes.
7. Add the cooked linguine to the sauce and toss to combine.
8. Top the pasta with the chicken breasts. Serve immediately.

## Notes

For a less spicy dish, reduce or omit the cayenne pepper and crushed red pepper.

Keywords: Chicken, Pasta, Creamy, Tuscan, Spinach