



Boursin Chicken Pasta



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Introduction

Boursin Chicken Pasta is a creamy and flavorful dish that brings together tender chicken, pasta, and the rich taste of Boursin cheese. Perfect for a weeknight dinner, this recipe not only tantalizes your taste buds but also offers a quick and easy cooking experience. With simple ingredients, you can whip up this delightful meal in no time.

Detailed Ingredients with measures

For this delicious dish, you will need the following ingredients:

- 1 lb chicken breast, diced
- 8 oz pasta (penne or fusilli works well)
- 8 oz Boursin cheese
- 1 cup spinach
- 1 cup cherry tomatoes, halved
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Prep Time

The preparation time for Boursin Chicken Pasta is approximately 10 minutes, making it an ideal option for those who are short on time yet craving a hearty meal.

Cook Time, Total Time, Yield

- Cook Time: 20 minutes
- Total Time: 30 minutes
- Yield: Serves 4

This recipe not only provides a satisfying portion but also allows for leftovers that taste just as delicious the next day.



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Detailed Directions and Instructions

Step 1: Cook the Pasta

Bring a large pot of salted water to a boil. Add the pasta and cook according to the package instructions until al dente. Reserve 1 cup of pasta water, then drain the pasta and set aside.

Step 2: Prepare the Chicken

In a large skillet, heat olive oil over medium heat. Season the chicken breasts with salt and pepper. Add the chicken to the skillet and cook for about 6-7 minutes on each side, or until golden brown and cooked through. Remove the chicken from the skillet and set aside.

See also Million Dollar Chicken Bake

Step 3: Make the Sauce

In the same skillet, add minced garlic and cook for about 30 seconds until fragrant. Pour in diced tomatoes and stir. Add the Boursin cheese, stirring until melted and fully combined.

Step 4: Combine Ingredients

Return the cooked chicken to the skillet. Add the cooked pasta and toss everything together. If the sauce is too thick, add reserved pasta water a little at a time to reach desired consistency.

Step 5: Serve

Plate the pasta and chicken mixture. Garnish with fresh herbs, if desired, and serve warm.

Notes

Note 1: Chicken Options

You can substitute chicken breasts with chicken thighs or use pre-cooked rotisserie chicken for a quicker meal.

Note 2: Cheese Alternatives

If Boursin cheese is not available, a similar cream cheese or herb spread can be used.

Note 3: Adding Vegetables

Feel free to add vegetables like spinach, bell peppers, or mushrooms for extra flavor and nutrition.

Note 4: Storage

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat on the stovetop or in the microwave.



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Cook techniques

Sautéing

Sautéing involves cooking food quickly in a small amount of oil over relatively high heat. This technique is ideal for cooking the chicken so that it develops a golden-brown crust while remaining juicy inside.

Deglazing

Deglazing is the process of adding liquid (like broth or wine) to a hot pan to loosen the browned bits stuck to the bottom. This enhances the flavor of your sauce by incorporating all the tasty bits left from cooking the chicken.

See also Fiery Cajun Shrimp Stuffed Jalapeños

Simmering

Simmering refers to cooking food gently in liquid at a low temperature, just below boiling. Use this technique to allow the pasta and sauce to meld together for a rich and harmonious flavor.

Stirring

Stirring is the technique of mixing ingredients continuously while cooking. This ensures even distribution of heat and ingredients, particularly important when combining the Boursin cheese with the pasta.

Melting

Melting involves heating solid ingredients until they turn into a liquid. In this recipe, melting the Boursin cheese creates a creamy sauce that

coats the pasta beautifully.

FAQ

Can I use a different type of cheese?

Yes, you can substitute Boursin with other soft cheeses such as cream cheese or goat cheese, but the flavor profile will change.

What type of pasta works best for this recipe?

You can use any pasta you like, but short pastas like penne or fusilli tend to hold the sauce better than long noodles.

Can I add vegetables to the dish?

Absolutely! Adding vegetables like spinach, cherry tomatoes, or bell peppers can enhance both the flavor and nutrition of the dish.

Is this dish suitable for meal prep?

Yes, this dish can be prepared ahead of time. Cooked pasta and chicken can be stored in the refrigerator for a few days; just reheat before serving.

Can I freeze leftovers?

While it's possible to freeze leftovers, the texture of the pasta may change once thawed. It's best to consume within a few days for optimal flavor and texture.



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Conclusion

This Boursin chicken pasta recipe offers a delightful combination of creamy cheese, tender chicken, and al dente pasta, making for a comforting meal that can be enjoyed any day of the week. It is simple to prepare, bursting with flavor, and perfect for family dinners or gatherings. Elevate your pasta night with this sophisticated yet easy dish that promises satisfaction for everyone at the table.

See also [Air Fryer Pizza Rolls](#)

More recipes suggestions and combination

Cheesy Spinach and Artichoke Pasta

Combine the creamy goodness of spinach and artichoke dip with pasta for a rich and satisfying dish.

Garlic Butter Shrimp Pasta

Sauté shrimp in garlic butter and toss with pasta for a quick and flavorful meal.

Chicken Alfredo with Broccoli

Make a classic chicken Alfredo and add steamed broccoli for a nutritious and delicious twist.

Sun-Dried Tomato and Basil Pasta

Incorporate sun-dried tomatoes and fresh basil into your pasta for a burst of Mediterranean flavor.

Creamy Mushroom Stroganoff

Create a vegetarian delight by using mushrooms and a creamy sauce over egg noodles for a hearty dish.



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