



Creamy Chicken Broccoli Pasta

Introduction

Creamy chicken broccoli pasta is a delightful dish that harmonizes flavors and textures for a satisfying meal. This recipe combines tender chicken, nutritious broccoli, and al dente pasta all enveloped in a rich, creamy sauce. Perfect for a weeknight dinner or a special occasion, this dish is sure to please everyone at the table.

Detailed Ingredients with measures

Chicken breast – 1 pound, diced
Broccoli florets – 2 cups
Pasta (penne or fusilli) – 8 ounces
Heavy cream – 1 cup
Garlic – 3 cloves, minced

Chicken broth – 1 cup
Parmesan cheese – ½ cup, grated
Olive oil – 2 tablespoons
Salt – to taste
Pepper – to taste
Red pepper flakes – a pinch (optional)

Prep Time

The preparation time for this dish is approximately 10 minutes, allowing for quick cooking and assembly.

Cook Time, Total Time, Yield

The cook time is around 20 minutes, leading to a total time of about 30 minutes from start to finish. This recipe yields approximately 4 servings, making it an ideal choice for family meals or gatherings.

Detailed Directions and Instructions

Step 1: Cook the Pasta

In a large pot of salted boiling water, cook the pasta according to package instructions until al dente. Drain and set aside.

Step 2: Sauté the Chicken

In a large skillet, heat olive oil over medium-high heat. Add diced chicken, season with salt and pepper, and cook until browned and cooked through, about 5-7 minutes. Remove from skillet and set aside.

Step 3: Cook the Broccoli

In the same skillet, add a little more olive oil if necessary. Add broccoli florets and sauté for about 3-4 minutes until tender but still bright green.

See also Honey Garlic Shrimp, Sausage, and Broccoli

Step 4: Make the Sauce

Lower the heat and add minced garlic to the skillet, cooking until fragrant. Then stir in the cream, bringing it to a simmer. Season with salt, pepper, and Italian seasoning.

Step 5: Combine Ingredients

Return the cooked chicken to the skillet, then add the drained pasta and toss everything together to coat in the sauce. If the sauce is too thick, add a bit of pasta water until desired consistency is reached.

Step 6: Add Cheese

Stir in shredded cheese until melted and combined. Taste and adjust seasoning as needed.

Step 7: Serve

Serve the creamy chicken broccoli pasta warm, garnished with additional cheese or herbs if desired.

Notes

Note 1: Pasta Type

Feel free to use your favorite type of pasta, such as penne or rotini, for different textures.

Note 2: Chicken Options

You can use cooked rotisserie chicken to save time.

Note 3: Broccoli Alternatives

Frozen broccoli can be used as a convenient alternative; just adjust the cooking time accordingly.

Note 4: Cheese Variations

Try different cheeses like Parmesan or mozzarella for varied flavors.

Note 5: Storage

Store any leftovers in an airtight container in the refrigerator for up to 3 days. Reheat on the stove or in the microwave before serving.

Cook techniques

Cooking the Chicken

To achieve juicy and tender chicken, it's important to cook it evenly. Start by seasoning the chicken breast and cooking it over medium heat until golden brown on both sides. Use a meat thermometer to ensure it reaches an internal temperature of 165°F.

See also [BBQ Bacon Cheeseburger Sloppy Joes](#)

Preparing the Broccoli

Blanch the broccoli in boiling water for 2-3 minutes before adding it to the pasta. This method helps retain the bright green color and enhances its flavor, while still ensuring it remains crisp.

Making the Creamy Sauce

To create a creamy sauce, start by sautéing garlic in olive oil. Gradually add heavy cream to the pan, stirring continuously until it thickens. Incorporating grated cheese at this stage will enhance the creaminess and flavor.

Cooking the Pasta

Cook the pasta according to the package instructions and until al dente. Make sure to reserve some pasta water before draining, as it can help adjust the consistency of the sauce later if necessary.

Combining Ingredients

Once the pasta is cooked, combine it with the chicken, broccoli, and creamy sauce in a large skillet. Toss everything together over low heat to ensure all ingredients are well coated and heated through.

FAQ

Can I use other vegetables instead of broccoli?

Yes, you can substitute other vegetables such as spinach, peas, or bell peppers for a different flavor profile.

What type of pasta works best for this dish?

While any pasta can work, penne or fusilli are ideal as they hold the sauce well.

Can I make this recipe gluten-free?

Absolutely! Use gluten-free pasta and ensure that the other ingredients, like the chicken broth and cheese, are also gluten-free.

How can I add more flavor to the chicken?

Marinating the chicken in herbs and spices such as Italian seasoning or lemon juice before cooking can enhance its flavor significantly.

See also [Cream Cheese Pineapple Dip with 5 Ingredients](#)

Can leftovers be stored, and how long do they last?

Yes, leftovers can be stored in an airtight container in the refrigerator for about 3-4 days. Reheat gently on the stove or in the microwave.

Conclusion

The creamy chicken broccoli pasta offers a delightful blend of flavors and textures, making it a satisfying meal for any occasion. With its rich sauce and tender ingredients, it's perfect for family dinners or a quick weeknight meal. This dish not only pleases the palate but also provides a healthy dose of vegetables along with protein, making it both delicious and nutritious.

More recipes suggestions and combination

Chicken Alfredo Pasta

A creamy and rich Alfredo sauce paired with grilled chicken and fettuccine pasta offers a classic comfort food experience.

Broccoli Cheese Casserole

A warm casserole with tender broccoli, creamy cheese sauce, and a crunchy topping creates a perfect side dish or main course.

One-Pot Garlic Chicken Pasta

This one-pot recipe simplifies cooking with chicken, pasta, and a straightforward garlic sauce, making cleanup a breeze.

Spinach and Ricotta Stuffed Shells

Large pasta shells filled with a creamy mixture of spinach and ricotta cheese, topped with marinara sauce, create a hearty vegetarian option.

Beef Stroganoff

Tender strips of beef in a luscious mushroom and sour cream sauce served over egg noodles offer a hearty and comforting meal.

Pesto Pasta Salad

A refreshing combination of pasta, pesto sauce, and fresh vegetables makes for a delightful side dish or light meal.

