



# Creamy Chicken Fajita Pasta in 30 Minutes

## The Sizzle That Started It All

The first time I smelled chicken fajita pasta, my kitchen filled with garlic and peppers. The creamy sauce clung to every noodle, rich and comforting. **Ever wondered how you could turn a weeknight dinner into something unforgettable?** This dish does it—fast. One bite, and I was hooked. Now it's my go-to when time's tight but flavor can't wait.

## My First Fajita Pasta Fumble

I burned the garlic my first try. The kitchen smelled like a campfire, not dinner. But I learned: low heat saves the day. **Home cooking teaches**

**patience, even in 30-minute meals.** Now I stir garlic just until golden. Perfection isn't the goal—joy is. What's your biggest kitchen oops? Share below!

## Why This Dish Shines

– The cream balances spicy fajita seasoning, creating a cozy kick. – Al dente pasta holds the sauce without turning mushy. **Which flavor combo surprises you most?** Is it the sweet peppers with smoky chicken? Try it, then tell me your favorite part.

## A Quick Trip Through Time

This dish blends Italian pasta with Tex-Mex spices. It's a modern mashup, born from busy lives craving bold tastes. \*Did you know fajitas started as ranch-hand meals in Texas?\* Now they're weeknight heroes. Want more history? Ask me—I love sharing kitchen stories.



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**Ingredients:**

| Ingredient                         | Amount          | Notes                  |
|------------------------------------|-----------------|------------------------|
| Olive oil                          | 1-2 Tablespoons |                        |
| Chicken breast                     | 1 pound         | Cut into 1-inch pieces |
| Fajita seasoning or taco seasoning | 1 Tablespoon    |                        |
| Onion                              | ½               | Cut into thin slices   |
| Green bell pepper                  | 1               | Thinly sliced          |
| Red bell pepper                    | 1               | Thinly sliced          |
| Garlic                             | 2-3 cloves      | Minced                 |
| Farfalle pasta                     | 8 ounces        |                        |
| Heavy whipping cream               | 1 ½ cups        |                        |
| Flour or cornstarch                | 1-2 teaspoons   | Plus more if needed    |
| Salt and pepper                    | To taste        |                        |
| Cilantro                           | For serving     | Optional               |
| Shredded cheese                    | For serving     | Optional               |

**Fast, Creamy Comfort in a Pan****Step 1**

See also Spaghetti Pie Recipe

Heat oil in a skillet. Season chicken with fajita mix, salt, and pepper.

Cook until golden and done. Tent it to keep warm. (Hard-learned tip: Pat chicken dry first for better browning.) **Step 2** Boil pasta as the chicken cooks. Drain and set aside. Save a bit of pasta water for thinning sauce later. **Step 3** Sauté onions and peppers in the same skillet. Add garlic

at the end for aroma. Stir chicken back in. **What's your go-to veggie swap for bell peppers? Share below!** **Step 4** Sprinkle flour, then pour in cream. Simmer until thick. Adjust with more flour if needed. Taste for seasoning. **Step 5** Toss pasta with the creamy chicken mix. Top with cilantro and cheese. Serve hot and enjoy! **Cook Time:** 20 minutes **Total Time:** 30 minutes **Yield:** 4 servings **Category:** Dinner, Pasta

## Mix It Up Your Way

**Vegetarian twist** Swap chicken for black beans and mushrooms. Use veggie broth to deglaze the pan. **Spicy kick** Add diced jalapeños or a dash of hot sauce. Top with crushed red pepper. **Fall flavors** Use butternut squash instead of peppers. Sprinkle with smoked paprika for warmth. **Which spin would you try first? Vote in the comments!**

## Serve It Right

Pair with warm tortillas or a crisp green salad. Add lime wedges for a fresh zing. Drink ideas: Iced hibiscus tea (non-alcoholic) or a light Mexican lager (alcoholic). **Which would you choose tonight? Pasta solo or with sides?**



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## Storing and Reheating Tips

Keep leftovers in the fridge for up to 3 days. Use airtight containers to lock in flavor. Reheat on the stove with a splash of cream to revive the sauce. Freeze for up to 2 months—thaw overnight before warming. \*Fun fact: Pasta soaks up sauce, so add extra when reheating.\* Batch-cook by doubling the recipe and freezing half. Why this matters? Meal prep saves busy weeknights. Ever tried freezing this dish? Share your tips!

See also [Spicy Buffalo Chicken Enchilada Bake](#)

## Common Fixes for Fajita Pasta

Sauce too thin? Simmer longer or add a pinch more flour. Chicken dry? Cook it just to 165°F—overcooking toughens it. Pasta mushy? Undercook it slightly; it'll soften in the sauce. Why this matters? Small tweaks make big flavor wins. My neighbor swears by adding a dash of lime juice for brightness. What's your go-to fix for saucy pasta?

## Your Questions, Answered

**Q: Can I make this gluten-free?** A: Yes! Use GF pasta and cornstarch instead of flour. **Q: How far ahead can I prep this?** A: Chop veggies and chicken a day early—store separately. **Q: What's a lighter cream swap?** A: Half-and-half works, but sauce will be thinner. **Q: Can I double the recipe?** A: Absolutely—use a bigger pan or cook in batches. **Q: Missing bell peppers?** A: Try zucchini or mushrooms for a twist.

## Let's Dish!

This creamy fajita pasta is my weeknight hero. It's fast, filling, and packed with flavor. **Tag Savory Discovery on Pinterest with your photos!** Did you try a fun swap? Tell me below. Happy cooking!

—Elowen Thorn

**You need to try !**



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Cooking Method:[Stovetop](#)



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Cuisine: [Mexican](#)



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Courses: [Dinner Main](#)



## Creamy Chicken Fajita Pasta in 30 Minutes | 16

Difficulty: **Beginner**

Prep time: **10 minutes**



## Creamy Chicken Fajita Pasta in 30 Minutes | 18

Cook time: **20 minutes**

Rest time:



## Creamy Chicken Fajita Pasta in 30 Minutes | 20

Total time: **30 minutes**

Servings: **Not specified servings**



## Creamy Chicken Fajita Pasta in 30 Minutes | 22

Calories: **kcal**

**Best Season: Summer**

## **Description**

Enjoy a quick and creamy pasta dish with tender chicken, bell peppers,

and fajita seasoning, ready in just 30 minutes.

## Ingredients

- 1-2 Tablespoons olive oil
- 1 pound chicken breast, cut into 1-inch pieces
- 1 Tablespoon fajita seasoning, or taco seasoning
- ½ onion, cut into thin slices
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 to 3 cloves garlic, minced
- 8 ounces farfalle pasta
- 1 ½ cups heavy whipping cream
- 1 to 2 teaspoons flour or cornstarch, plus more if needed
- Salt and pepper, to taste
- For serving: cilantro, shredded cheese

## Instructions

1. Heat 1 Tablespoon olive oil in a large skillet over medium heat. Sprinkle the 1 Tablespoon fajita seasoning over one pound chicken and add to the pan then season with salt and pepper. Cook about 8-10 minutes (or until reaches 165°F), flipping halfway. Remove to a plate and tent with foil.
2. Boil pasta while chicken is cooking (according to package directions) and then drain.
3. Add another Tablespoon of oil to the skillet. Sauté 1/2 onion and 1 sliced green bell pepper and 1 red bell pepper. Once peppers are tender, add in 2-3 cloves garlic and turn the stove to low. Stir back in the chicken.
4. Sprinkle flour over the top and then pour in 1 1/2 cups cream. Stir

until smooth and let simmer until the sauce begins to thicken. Add in another teaspoon of flour, if needed. Salt and pepper, to taste. Add more seasoning if desired.

5. Pour the chicken and sauce over cooked noodles and top with cilantro and cheese if desired.

## Notes

Adjust the thickness of the sauce by adding more flour or cornstarch if needed.

Keywords:Chicken, Pasta, Fajita, Creamy, Quick

See also Crispy Chicken Quesadilla with Peppers and Cheese