



# Creamy Italian Chicken Pasta



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## Introduction

Creamy Italian Chicken Pasta is a delightful dish that combines tender chicken, rich cream, and flavorful Italian seasonings all tossed together with pasta. This recipe is perfect for a hearty weeknight dinner or a special gathering, as it brings comfort and flavor to your table. The creamy sauce, combined with fresh ingredients, will surely become a family favorite.

## Detailed Ingredients with measures

- Chicken breast - 1 pound, diced
- Olive oil - 2 tablespoons
- Garlic - 3 cloves, minced
- Heavy cream - 1 cup
- Chicken stock -  $\frac{1}{2}$  cup
- Parmesan cheese -  $\frac{1}{2}$  cup, grated
- Italian seasoning - 2 teaspoons
- Salt - to taste
- Pepper - to taste
- Pasta (penne or fettuccine) - 8 ounces
- Fresh parsley - for garnish, chopped

## Prep Time

15 minutes

## Cook Time, Total Time, Yield

Cook Time: 20 minutes

Total Time: 35 minutes

Yield: 4 servings



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# Detailed Directions and Instructions

## Step 1: Cook the Pasta

Cook pasta in boiling salted water according to package instructions until al dente. Drain and set aside.

## Step 2: Sauté the Chicken

Heat olive oil in a large skillet over medium-high heat. Add diced chicken, season with salt and pepper, and cook until golden and cooked through, about 6-8 minutes. Remove chicken and set aside.

## Step 3: Make the Creamy Sauce

Reduce heat to medium. Add minced garlic to the skillet and cook until fragrant, about 1 minute. Pour in heavy cream, chicken stock ( $\frac{1}{2}$  cup), and Italian seasoning. Stir to combine and let it simmer for 2 minutes.

## Step 4: Combine Ingredients

Return chicken to the skillet. Add cooked pasta and Parmesan cheese. Toss until pasta is coated with sauce.

See also [Italian Garlic Bread Sloppy Joes](#)

## Step 5: Heat and Serve

Cook an additional 2-3 minutes until heated through. Serve immediately, garnished with fresh parsley.

# Notes

## Note 1: Chicken Options

You can use boneless, skinless chicken breasts or thighs for this recipe.

**Note 2: Pasta Types**

Feel free to substitute different pasta shapes such as penne or fettuccine based on your preference.

**Note 3: Vegetarian Option**

To make this dish vegetarian, omit the chicken and add more vegetables like spinach, bell peppers, or mushrooms.

**Note 4: Storage Recommendations**

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



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# Cook techniques

## Preparing the chicken

To achieve tender and flavorful chicken, ensure that it is properly seasoned. Use a mix of Italian herbs and salt to enhance the taste.

## Sautéing the chicken

Sauté the chicken in a hot pan with olive oil to develop a golden-brown crust. This method locks in moisture and adds texture.

## Making the creamy sauce

Create a rich sauce by combining heavy cream with garlic and parmesan cheese. Simmer gently to allow the flavors to meld together.

## Cooking the pasta

Cook the pasta until al dente. This ensures it maintains a firm texture and does not become mushy when mixed with the sauce.

## Combining ingredients

Toss the cooked pasta with the creamy sauce and chicken. Ensure even coating for a harmonious blend of flavors.

## Garnishing

Finish the dish with fresh herbs like parsley or basil for added flavor and presentation. A sprinkle of extra parmesan can enhance the dish visually and taste-wise.

See also [Tomatoes in Jars](#)

## FAQ

**Can I use a different type of pasta?**

Yes, you can substitute with your preferred pasta type, such as penne, fettuccine, or even gluten-free options.

**Is it possible to make this dish dairy-free?**

Yes, you can substitute heavy cream with coconut cream or a dairy-free cream alternative, and use vegan cheese if desired.

**How do I store leftovers?**

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

**Can I add vegetables to this recipe?**

Absolutely! You can add vegetables like spinach, bell peppers, or mushrooms to enhance the nutritional value and flavor.

**Is this dish suitable for meal prep?**

Yes, this dish can be made ahead of time and portioned for meal prep. Just reheat when ready to enjoy.



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## Conclusion

This creamy Italian chicken pasta is a delightful dish that combines rich flavors and comforting textures, making it perfect for a family dinner or a special occasion. The blend of chicken, creamy sauce, and pasta creates a satisfying meal that is sure to impress anyone at the table. It's a versatile recipe that can be adjusted to suit various tastes and dietary preferences.

## More recipes suggestions and combination

### **Spinach and Ricotta Stuffed Shells**

A delicious way to enjoy pasta, these stuffed shells are filled with a creamy spinach and ricotta mixture, baked in marinara sauce.

### **Pesto Chicken Pasta**

Combine tender chicken with a vibrant basil pesto sauce and your choice of pasta for a fresh and flavorful meal.

### **Carbonara with Peas**

This classic Italian dish features spaghetti tossed in a creamy, cheesy sauce with crispy pancetta and fresh peas for a pop of color.

See also Double Cheeseburger Mac and Cheese

### **Mushroom Alfredo Pasta**

Rich and creamy Alfredo sauce pairs perfectly with sautéed mushrooms and fettuccine, making for a comforting, indulgent dish.

## Garlic Shrimp Pasta

Enjoy succulent shrimp sautéed with garlic and tossed with spaghetti, drizzled with olive oil and a sprinkle of parsley for a light yet satisfying meal.



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