



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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