



Creamy Marry Me Chicken Pasta Dinner

The First Bite That Stole My Heart

The first time I tasted this dish, the creamy sauce clung to the pasta just right. Sun-dried tomatoes added a sweet-tangy punch, and the chicken was tender. It felt like a hug in a bowl. **Ever wondered how you could turn a simple pasta into something unforgettable?** Now, I make it weekly—it's that good. Share your favorite cozy pasta memory below!

My Messy (But Delicious) First Try

I once added the cream too fast, and it curdled. Panic! But a quick whisk fixed it. The dish still tasted amazing. **Cooking teaches**

patience—and that mistakes can still taste great. Home cooking isn't about perfection. It's about joy. Have you ever saved a kitchen disaster? Tell me!

Why This Dish Shines

- The creamy sauce gets depth from parmesan and a kick from red pepper. - Sun-dried tomatoes add chewy texture and a burst of flavor. **Which flavor combo surprises you most?** Try adding spinach for freshness. It's a game-changer.

A Dish With Love (And History)

This pasta blends Italian flavors with modern shortcuts like rotisserie chicken. *Did you know sun-dried tomatoes became popular in the 1980s?* They're a tasty twist on tradition. Comfort food never goes out of style. Would you try this with another pasta shape? Pick your favorite!



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Ingredients:

Ingredient	Amount	Notes
Cooked chicken	2 cups	Rotisserie recommended
Penne pasta	10 ounces	
Butter	2 Tablespoons	
Flour	½ Tablespoon	
Garlic cloves	3 (1 Tablespoon minced)	
Chicken broth	1 cup	
Heavy cream	¾ cup	At room temperature
Grated fresh parmesan cheese	½ cup	
Sun-dried tomatoes in oil	½ cup	Drained & finely chopped
Italian seasoning	1 teaspoon	
Crushed red pepper flakes	½ teaspoon	
Kosher salt	To taste	
Ground black pepper	To taste	
Fresh basil	As needed	Thinly sliced, for serving
Chopped spinach	1 cup	Optional

How to Make Creamy Marry Me Chicken

Pasta

Step 1

See also [Buttery Cajun BBQ Shrimp New Orleans Style](#)
Cook the penne in salted water until al dente. Drain but keep a bit of pasta water aside. This helps thicken the sauce later. Rotisserie chicken saves time but any cooked chicken works. **Step 2** Melt butter in a large pan over medium heat. Sprinkle flour and whisk to make a roux. Cook until golden, about 1 minute. Add garlic and stir until fragrant. **Step 3** Pour in chicken broth, scraping up browned bits for extra flavor. Let it simmer 2 minutes to thicken slightly. Remove from heat to cool the pan briefly. (Hard-learned tip: Skipping this step can make the cream curdle.) **Step 4** Whisk in cream and parmesan until smooth. Return to low heat and stir in sun-dried tomatoes and seasonings. Taste and adjust salt and pepper as needed. **Step 5** Toss in cooked chicken and pasta. Add spinach if using. Simmer 2 minutes until everything is warm. Finish with fresh basil for a pop of color. **What's your go-to weeknight pasta dish? Share below!** **Cook Time:** 20 minutes **Total Time:** 30 minutes **Yield:** 4 servings **Category:** Dinner, Pasta

3 Ways to Shake Up This Dish

Vegetarian Twist Skip the chicken. Add roasted mushrooms and extra spinach for a hearty veggie version. **Spicy Kick** Double the red pepper flakes. Top with jalapeños for those who love heat. **Seasonal Swap** Use roasted butternut squash in fall or fresh peas in spring. **Which spin would you try first? Vote in the comments!**

Serving Suggestions & Pairings

Serve with garlic bread or a crisp green salad. A sprinkle of extra parmesan never hurts. Pair with a chilled white wine or sparkling

lemonade. Both cut through the creamy richness.

See also Honey Lemon Garlic Chicken Recipe

Which would you choose tonight—wine or lemonade?



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Keep It Fresh or Freeze It

Store leftovers in the fridge for up to 3 days. Reheat gently with a splash of broth to keep the sauce creamy. Freeze portions in airtight containers for up to 2 months. Thaw overnight before warming. *Fun fact: Sun-dried tomatoes add a flavor boost even after freezing!* Batch-cook this dish by doubling the sauce and pasta—just add fresh chicken later. Why this matters: Meal prep saves time on busy nights. Ever tried freezing pasta? Share your tips below!

Troubleshooting Tips

Sauce too thin? Simmer it longer or add a pinch more flour. Too thick? Stir in extra broth or cream. If the garlic burns, start over—bitter flavors ruin the dish. Why this matters: Small fixes save dinner disasters. Pasta sticking? Rinse it lightly after cooking. Got a trick for perfect sauce? Tell us in the comments!

Your Questions Answered

Q: Can I make this gluten-free? A: Yes! Use gluten-free pasta and cornstarch instead of flour. **Q: How far ahead can I prep this?** A: Cook the sauce and chicken 1 day early. Combine with pasta when ready. **Q: What swaps work for heavy cream?** A: Half-and-half or coconut milk (for dairy-free) work well. **Q: Can I double the recipe?** A: Absolutely. Use a bigger pan and adjust cook time slightly. **Q: Missing sun-dried tomatoes?** A: Try roasted red peppers or skip them. The dish still shines.

Wrapping Up

This pasta is my go-to for cozy nights. It's rich, fast, and fuss-free. **Tag @SavoryDiscovery on Pinterest** if you try it—I love seeing your twists! Happy cooking! —Elowen Thorn.

See also Apple Cheesecake with Caramel Sauce

You need to try !



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Author: Elowen Thorn



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Cooking Method:[Stovetop](#)



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Cuisine:[Italian](#)



Courses:[Dinner Main](#)

Difficulty: **Beginner**



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Prep time: **10 minutes**

Cook time: **20 minutes**



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Rest time:

Total time: **30 minutes**



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Servings: **servings**

Best Season: Summer

Description

A rich and creamy pasta dish with tender chicken, sun-dried tomatoes,

and a flavorful parmesan sauce.

Ingredients

- 2 cups cooked chicken, I used rotisserie
- 10 ounces penne pasta
- 2 Tablespoons butter
- ½ Tablespoon flour
- 3 garlic cloves, minced (1 Tablespoon)
- 1 cup chicken broth
- ¾ cup heavy cream, at room temperature
- ½ cup grated fresh parmesan cheese
- ½ cup sun-dried tomatoes in oil, drained and finely chopped
- 1 teaspoon Italian seasoning
- ½ teaspoon crushed red pepper flakes
- Kosher salt, to taste
- Ground black pepper, to taste
- Fresh basil, thinly sliced, for serving
- Optional add in: 1 cup chopped spinach

Instructions

1. Cook pasta according to package directions in salted water.
2. In a large pan, melt 2 Tablespoons butter over medium heat. Sprinkle flour over the top.
3. In the same pan, reduce heat to medium low. Add 3 garlic cloves and cook 1 to 2 minutes, or until fragrant. Stir in 1 cup broth, scraping up any loose browned bits.
4. Transfer pan to a cold burner and let cool slightly. Whisk in ¾ cup cream until smooth. Sprinkle in ½ cup parmesan and gently stir until cheese has melted.

5. Return skillet to medium-low heat and whisk sauce 1 minute until heated. Stir in $\frac{1}{2}$ cup sun-dried tomatoes, 1 teaspoon Italian seasoning, and $\frac{1}{2}$ teaspoon red pepper flakes. Season with salt and pepper to taste.
6. Bring to a slow simmer, stirring occasionally. Return the cooked chicken to the pan, ensuring it is well coated in the sauce. Add in cooked pasta and spinach if desired. Simmer 2 more minutes, or until chicken and pasta warmed through. Season to taste.
7. Spoon remaining sauce over the top and sprinkle with basil.

Notes

For extra richness, substitute half-and-half for heavy cream or add a splash of white wine to the sauce.

Keywords:Chicken, Pasta, Creamy, Sun-dried tomatoes, Parmesan