

Choco Fever Dream

Creamy Cajun Pasta – Quick & Easy Dinner

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Cajun** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 12 oz penne pasta
- [ ] 2 tbsp olive oil
- [ ] 1 cup heavy cream
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 lemon, juiced

For the Sauce

- [ ] 2 tbsp Cajun seasoning
- [ ] 1 tsp smoked paprika
- [ ] 2 cloves garlic, minced
- [ ] 1/2 cup chicken broth
- [ ] 2 tbsp butter

Instructions

1. Heat olive oil in a large skillet over medium-high heat; add the diced chicken and sauté until lightly browned, about 5 minutes.
2. Add minced garlic, Cajun seasoning, and smoked paprika; stir for 30 seconds until the spices become fragrant.
3. Pour in chicken broth and bring to a simmer; add the uncooked penne and let it cook, stirring occasionally, until the pasta is al dente and most liquid is absorbed.
4. Reduce heat to low, stir in heavy cream, butter, and grated Parmesan; cook gently until the sauce thickens, then finish with a splash of lemon juice and a pinch of salt.
5. Serve immediately, garnished with fresh parsley or extra Parmesan if desired.

Nutrition per serving

520 kcal	30 g	42 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce gets too thick, add a little reserved pasta water.
- Taste and adjust seasoning before serving.
- For extra depth, sauté a pinch of dried thyme with the garlic.