

Choco Fever Dream

Crock Pot Cajun Chicken Pasta

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Cajun** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, cubed
- [ ] 12 oz whole-wheat pasta
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 cup heavy cream
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp Cajun seasoning
- [ ] Juice of ½ lemon
- [ ] ½ cup grated Parmesan cheese
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] ½ cup sliced bell pepper
- [ ] ¼ cup chopped green onions

Instructions

1. In the crock-pot, combine chicken, garlic, Cajun seasoning, olive oil, and broth. cajun chicken pasta creamy
2. Cook on low for 3 hours, then add pasta, stirring to ensure it’s submerged.
3. After 15 minutes, pour in heavy cream and Parmesan, mixing until the sauce thickens.
4. Finish with lemon juice, season with salt and pepper, and let sit for 5 minutes before serving. For a quick twist, check out quick dinner easy.
5. Garnish with green onions or extra Parmesan if desired.

Nutrition per serving

420 kcal	28 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks too thin, remove the lid for the last 10 minutes to reduce.
- Stir gently to keep pasta from sticking to the bottom.
- Adjust heat level by adding more Cajun seasoning or a pinch of sugar.