

Plate Dream

Creamy Cajun Chicken Pasta

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

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, sliced into strips
- [ ] 12 oz fettuccine pasta
- [ ] 2 tbsp Cajun seasoning
- [ ] 2 tbsp olive oil
- [ ] 1 cup heavy cream
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 tbsp lemon juice
- [ ] 2 cloves garlic, minced
- [ ] Fresh parsley, chopped for garnish
- [ ] Salt and black pepper to taste

Instructions

1. Season the chicken strips with Cajun seasoning, salt, and pepper; let it sit while you bring a pot of salted water to a boil.
2. Cook the fettuccine until al dente, then drain, reserving one cup of the pasta water.
3. In a large skillet, heat olive oil over medium-high heat. Add the chicken and sauté until browned and cooked through, about 5-6 minutes. Remove and set aside.
4. In the same skillet, lower the heat, add garlic and sauté briefly, then pour in the heavy cream. Stir in Parmesan, letting the sauce thicken gently.
5. Return the chicken to the pan, toss in the cooked pasta, and add a splash of the reserved pasta water if needed. Finish with lemon juice and a pinch of extra Cajun seasoning.
6. Plate the pasta, garnish with chopped parsley, and serve immediately.

Nutrition per serving

620 kcal	32 g	45 g	38 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter sauce, substitute half of the cream with low-fat milk.
- Freshly grated Parmesan yields a smoother texture than pre-shredded.
- Taste the sauce before adding extra salt; the cheese already adds saltiness.