Plate Dream

One Pot Creamy Cajun Chicken Sausage Pasta

Hearty one-pot creamy Cajun chicken sausage pasta, ready in minutes.

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

Ingredients

Main Ingredients

- [ ] 1 lb chicken sausage, sliced
- [ ] 12 oz penne pasta
- [ ] 2 tbsp olive oil
- [ ] 1 medium onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp Cajun seasoning
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 cup heavy cream
- [ ] ½ cup grated Parmesan cheese
- [ ] 2 tsp lemon juice
- [ ] ¼ cup fresh parsley, chopped
- [ ] Salt and pepper to taste

Instructions

1. Heat olive oil in a large pot over medium heat; add the sliced chicken sausage and brown for about 4-5 minutes, stirring occasionally.
2. Add the diced onion and garlic, sauté until translucent, then sprinkle the Cajun seasoning, letting it toast lightly for 1 minute.
3. Pour in the chicken broth and bring to a gentle boil. Add the pasta, stirring to coat, then reduce heat and simmer, uncovered, for 10-12 minutes, or until al dente.
4. Stir in the heavy cream and Parmesan cheese, allowing the sauce to thicken; season with salt, pepper, and lemon juice.
5. Remove from heat, sprinkle fresh parsley, and serve hot. creamy cajun buttered noodles

Nutrition per serving

520 kcal	25 g	41 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash of reserved pasta water.
- Taste and adjust seasoning before the final garnish.
- For a smoky twist, use smoked chicken sausage.