

Cajun Chicken Pasta

Creamy Cajun Chicken Pasta with tender chicken breast, perfectly spiced with Louisiana-style seasoning. Easy one-skillet recipe ready in 30 minutes!

10 min

PREP

20 min

COOK

30 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Cajun Chicken Pasta

Ingredients

- 1 lb chicken meat
- 1 tbsp olive oil
- 1 lb pasta
- 1 tbsp butter
- 1 onion
- 15 oz tomato
- 2 cup chicken broth
- 3 scallion
- 2 oz cream cheese
- 2 tsp paprika
- 1 tsp oregano
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp cayenne pepper
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Make the Cajun seasoning blend

Combine 2 teaspoons paprika, 1 teaspoon cayenne pepper, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon black pepper, 1 teaspoon thyme, and 1 teaspoon oregano in a small bowl. Mix thoroughly until evenly blended.

2 Prepare the chicken

Cut 1 pound chicken breast into $\frac{3}{4}$ -inch cubes. Place in a medium bowl and toss with the prepared Cajun seasoning blend until all pieces are evenly coated.

3 Cook the chicken

Heat 1 tablespoon butter in a large, deep skillet over medium-high heat. Add the seasoned chicken and cook for 6-7 minutes, stirring occasionally, until chicken is browned on all sides and cooked through with no pink remaining.

- 4 Sauté the onion**
Add 1 diced onion to the skillet with the chicken. Cook for 3-4 minutes, stirring frequently, until the onion is soft and translucent.
- 5 Add pasta and liquids**
Add 1 pound pasta, 15 ounces canned diced tomatoes with their juices, and 2 cups chicken broth to the skillet. Stir to combine and ensure pasta is mostly submerged in liquid.
- 6 Cook the pasta**
Bring the mixture to a boil over medium-high heat. Reduce heat to medium-low, cover, and simmer for 12-15 minutes, stirring every 3-4 minutes, until pasta is tender and most liquid is absorbed.
- 7 Finish with cream cheese**
Remove skillet from heat and add 2 ounces cream cheese cut into small cubes. Stir continuously for 1-2 minutes until cream cheese melts completely and creates a smooth, creamy sauce.
- 8 Garnish with 3 sliced green onions and serve immediately while hot.**

Tips

Don't overcook the chicken in the initial searing step - it will continue cooking when simmered with the pasta, ensuring tender, juicy results.

Use a deep, wide skillet or Dutch oven to ensure even cooking and prevent overflow when the liquid comes to a boil.

Taste and adjust seasoning throughout cooking, as different brands of chicken broth vary in saltiness.

Let the cream cheese come to room temperature before adding to make it easier to incorporate smoothly into the sauce.

If the sauce becomes too thick, add chicken broth a tablespoon at a time until you reach your desired consistency.

For the best flavor, make your own Cajun seasoning blend fresh rather than using pre-made versions, which can lose potency over time.

Garnish with fresh green onions and a sprinkle of paprika just before serving for a pop of color and fresh flavor.

Save some pasta cooking liquid (the seasoned broth) before serving - it's perfect for thinning leftovers when reheating.