

Garlic Parmesan Chicken Spaghetti

in Spicy Cajun Cream Sauce



Ingredients:

For the Chicken:

- 1 lb boneless, skinless chicken breasts (cut into bite-sized pieces)
- 1 ½ tbsp Cajun seasoning (store-bought or homemade)
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp black pepper
- 2 tbsp olive oil

For the Pasta & Sauce:

- 12 oz spaghetti
- 2 tbsp unsalted butter
- 4 cloves garlic, minced
- ½ tsp crushed red pepper flakes (optional, for extra spice)
- 1 cup heavy cream
- ½ cup chicken broth (or reserved pasta water)
- 1 cup grated Parmesan cheese (plus extra for serving)
- 2 tbsp cream cheese (optional, for extra creaminess)
- 2 tbsp fresh parsley, chopped
- Salt & black pepper, to taste

Instructions:

1. Cook the Spaghetti

Bring a large pot of salted water to a boil. Cook spaghetti according to package directions until al dente. Reserve ½ cup of pasta water, then drain and set aside.

2. Season & Cook the Chicken

In a bowl, toss chicken pieces with Cajun seasoning, smoked paprika, garlic powder, and black pepper. Heat olive oil in a large skillet over medium-high heat. Add chicken and sear 6–8 minutes, turning occasionally, until golden brown and fully cooked. Remove from skillet and set aside.

3. Build the Sauce

In the same skillet, melt butter over medium heat. Add garlic and cook 1 minute until fragrant. Stir in crushed red pepper flakes, then pour in heavy cream and chicken broth. Simmer gently for 2–3 minutes.

4. Make it Creamy & Cheesy

Whisk in Parmesan cheese (and cream cheese if using) until smooth and creamy. Season with salt and pepper to taste.

5. Combine Everything

Add the cooked spaghetti and chicken back into the skillet. Toss until the pasta is well coated and the chicken is evenly distributed. If the sauce is too thick, loosen with a splash of reserved pasta water.

6. Serve

Plate the spaghetti, sprinkle with extra Parmesan and fresh parsley, and serve hot. Add a pinch of Cajun seasoning or red pepper flakes for extra heat.

Prep Time: 15 minutes / Cook Time: 25 minutes / Total Time: 40 minutes / Yield: 4 servings