

Creamy Cajun Chicken Pasta

Source: www.wineandglue.com

Ingredients

Pasta

	4 svgs	12 Svgs
Penne pasta	8 oz	24 oz
Extra virgin olive oil	2 T	6 T
Boneless skinless chicken breastspounded thin	2	6
Cajun seasoning, divided	1.5 T	4.5 T
Unsalted butter	2 T	6 T
Garlic, minced	2 cloves	6 cloves
All purpose flour	1 T	3 T
Half and half	1.5 c	4.5 c
Parmesan plus more for topping	1/3 c	1 c
Salt and pepper	TT	TT
Tomato	1 med	3 med
Fresh parsley, chopped	garnish	garnish

Cajun Seasoning

	Small Batch
Paprika	1 T
Kosher salt	1.5 tsp
Onion powder	1.5 tsp
Garlic powder	1.5 tsp
Black pepper	0.75 tsp
Thyme	0.5 tsp
Oregano	0.5 tsp
Cayenne pepper	dash
Red pepper flakes	pinch

Directions

- Combine all seasoning ingredients; set aside in airtight container.
- While the pasta is cooking, heat the extra virgin olive oil in a large skillet over medium heat.
- Season the chicken on both sides with 1 tablespoon Cajun seasoning.
- Add chicken to the skillet.
- Cook for about three minutes on each side or until the chicken reaches an internal temperature of 165 degrees.
- Remove the chicken from the skillet, clean it, and return it to the medium heat.



- Melt the butter, add the garlic and sauté for about 30 seconds.
- Whisk in the flour and cook it for another 30 seconds.
- Very slowly add the half and half, initially about a tablespoon at a time, so the sauce thickens. Add more quickly after you have added about half a cup.
- Stir in the parmesan cheese and allow it melt completely.
- Add the remaining 1/2 tablespoon Cajun seasoning and season with salt and pepper to taste.
- Add the penne to the sauce, top with tomatoes, parsley, parmesan cheese, and the sliced cooked chicken.