

Helergon Kitchen

Creamy Cajun Chicken Pasta – Easy One-Pot Dinner

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

Ingredients

Main Ingredients

- [ ] 12 oz linguine or fettuccine
- [ ] 2 boneless skinless chicken breasts, sliced
- [ ] 2 tbsp Cajun seasoning
- [ ] 1 tbsp butter
- [ ] 1 small onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] 1/2 cup chicken broth
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste
- [ ] Fresh parsley, chopped (optional)

Optional Add-Ins

- [ ] 1 cup sliced bell peppers for extra color
- [ ] ½ cup peas for a pop of sweetness

Instructions

1. Season the chicken strips with Cajun seasoning, then pat dry.
2. In a large skillet, melt butter over medium-high heat, add onion and garlic, sauté until fragrant.
3. Add chicken to the pan, cook until lightly browned, about 4-5 minutes; remove and set aside.
4. Stir in the uncooked pasta, broth, and a pinch of salt; bring to a simmer, stirring occasionally as the pasta absorbs liquid.
5. Reduce heat, pour in heavy cream and Parmesan, return chicken to the skillet, and simmer until sauce thickens and pasta is al dente. Finish with lemon juice and parsley.

Nutrition per serving

560 kcal	32 g	45 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce gets too thick, add a splash of reserved pasta water.
- Taste and adjust the Cajun heat with a pinch more seasoning or a dash of hot sauce.
- For a brighter finish, drizzle a little extra lemon juice just before serving.