

Creamy Chicken Pasta



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Recipe by: Laura Vitale

Serves 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Ingredients

- 8oz of Rigatoni
- 1lb of Chicken Breast, cut into bite size pieces
- 1 Tbsp of Cajun Seasoning
- 1 Tbsp of Garlic and Herb Seasoning
- 3 Tbsp of Olive Oil
- 4 Cloves of Garlic, mined
- 1-1/4 cup of Heavy Cream
- Fresh Parsley
- Salt and Pepper, to taste
- 1 cup of Freshly Grated Parm

1) Fill a large pot with water, add a generous pinch of salt and bring to a boil.

2) In a large deep skillet, add some olive oil and preheat over medium heat, meanwhile toss the chicken with both seasonings, add to the hot skillet and cook until browned and cooked through then remove to a plate and set aside.

3) In the same skillet add a touch more oil along with the garlic and saute for about a minute then add in the cream, reduce the heat to low and simmer. This is the point when you add the pasta to the boiling water and cook according to package instructions.

4) Once the pasta is ready, using a kitchen spider lift it straight from the pot to the skillet with the cream, increase the heat slightly, add the parm, parsley and cooked chicken along with all the juices that collected in the pan, cook all together for a few minutes then dig in!

