One Pan Cajun Chicken Pasta

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Recipe by: Laura Vitale

4 serving

Prep Time: 15 minutes
Cook Time: 30 minutes

Ingredients
__8 oz Medium Pasta Shells (Or Pasta Of Choice)
__8 oz Boneless Skinless Chicken Thighs, Cut Into Bite-Sized Pieces
__6 oz Kielbasa, Sliced Into Coins
__2 Tbsp Olive Oil
__1 Small Yellow Onion, Diced
__1 Red Bell Pepper, Diced
__3 Cloves Garlic, Minced
__2 Tbsp Cajun Seasoning
__2½ cups Chicken Stock, Plus More As Needed
__½ cup Heavy Cream
__Salt, To Taste
__Freshly Grated Parmesan, For Serving
__Freshly Chopped Parsley, For Serving



1) In a large bowl, combine the chicken, kielbasa, onion, bell pepper, garlic and Cajun seasoning, tossing everything together until evenly coated.
2) In a large, deep skillet with a lid, heat the olive oil over medium-high heat. Add the seasoned chicken, kielbasa and vegetables, spreading everything into an even layer. Allow the chicken and kielbasa to develop some color before stirring, then continue cooking for about 710 minutes, until the vegetables have softened and the chicken is nearly cooked through.
3) Add the chicken stock and heavy cream, stirring well to scrape up all those flavorful browned bits from the bottom of the pan. Bring the mixture to a gentle boil.
4) Add the dry pasta, stirring to make sure it's submerged in the liquid as much as possible. Reduce the heat to medium-low, cover and simmer for about 1015 minutes, stirring occasionally, until the pasta is tender and most of the liquid has been absorbed. Add an extra splash of stock or water if the sauce reduces before the pasta is fully cooked.
5) Once the pasta is cooked and the chicken has reached an internal temperature of 165°F, taste the sauce and adjust the seasoning with salt or additional Cajun seasoning if needed. Stir in the freshly chopped parsley and a generous amount of freshly grated Parmesan.
6) Remove the pan from the heat, cover with a lid and allow everything to rest for 5 minutes. This gives the pasta a chance to absorb some of the sauce and allows everything to become beautifully creamy. Give it one final stir and serve immediately with extra Parmesan.
Recipe Notes
To Make It Freezer Friendly: Add the raw chicken, kielbasa, onion, bell pepper, garlic and Cajun seasoning to a large freezer-safe resealable bag. Remove as much air as possible, seal tightly and massage the bag to distribute the seasoning evenly. Freeze flat for up to 3 months for best quality. When ready to cook, thaw completely in the refrigerator, usually overnight or up to 24 hours, then proceed with Step 2 of the recipe. Keep the pasta, chicken stock, heavy cream and finishing ingredients separate until cooking day.