

Foodnity Recipes

# Easy Chicken Garlic Parmesan Pasta

| | | |
|---|---|---|
| **15 min**<br>Prep time | **20 min**<br>Cook time | **35 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Italian**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 2 boneless skinless chicken breasts, cut into bite-size pieces
- [ ] 12 oz penne or rigatoni pasta
- [ ] 3 cloves garlic, minced
- [ ] 1 cup heavy cream alternative (half-and-half with milk)
- [ ] 3/4 cup freshly grated Parmesan cheese
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp butter
- [ ] Juice of 1/2 lemon
- [ ] Salt and black pepper to taste

### Optional Add-Ins

- [ ] 1 cup fresh spinach leaves
- [ ] 1/4 cup toasted pine nuts

## Instructions

1. Season the chicken pieces with salt and pepper. Heat olive oil in a large skillet over medium-high heat, then sear the chicken until golden brown, about 5 minutes. Remove and set aside.
2. In the same skillet, melt butter and add the minced garlic. Sauté for 30 seconds until fragrant—watch closely so it doesn't burn.
3. Pour in the cream mixture, stirring constantly. When it begins to thicken, stir in the grated Parmesan until the sauce is smooth.
4. Add the cooked pasta, chicken, and a splash of reserved pasta water. Toss everything together, letting the sauce coat each strand.
5. Finish with lemon juice, adjust seasoning, and optionally stir in spinach until wilted. Serve hot, garnished with extra Parmesan and pine nuts if desired.

### Nutrition per serving

| 520 kcal | 35 g | 48 g | 22 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the sauce thickens too quickly, add a little more pasta water.
- For a richer flavor, brown the chicken a bit longer, then deglaze with a splash of white wine (optional).
- Taste and adjust salt after adding cheese, as Parmesan is already salty.