

Foodnity Recipes

Italian Chicken Pasta in Creamy White Broth Parmesan Sauce

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

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, cut into bite-size pieces
- [ ] 12 oz pasta (penne or fusilli)
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 shallot, finely chopped
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 cup heavy cream
- [ ] ¾ cup freshly grated Parmesan cheese
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh parsley, chopped for garnish

Instructions

1. Heat olive oil in a large skillet over medium-high heat. Add the chicken pieces, season with salt and pepper, and sear until golden brown, about 4-5 minutes. Remove and set aside.
2. In the same pan, add garlic and shallot; sauté until fragrant and translucent, about 2 minutes.
3. Pour in the broth, bring to a gentle boil, then add the pasta. Cook, stirring occasionally, until the pasta is al dente and the liquid is mostly absorbed, roughly 10 minutes.
4. Stir in the cream and return the chicken to the pan. Reduce heat to low, sprinkle Parmesan, and toss until the sauce thickens and coats everything in a silky veil.
5. Finish with a sprinkle of chopped parsley, adjust seasoning, and serve immediately.

Nutrition per serving

420 kcal	30 g	35 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce becomes too thick, add a splash of reserved pasta water.
- For extra depth, a pinch of nutmeg works beautifully with the cream.
- Feel free to add wilted spinach for a pop of color and nutrition.