

Bow Tie Pasta Recipes with Chicken Recipes

Creamy chicken farfalle with peas and lemon

Prep 15 min | Cook 25 min | Serves 4 | Easy

Golden chicken and bow-tie pasta meet a light cream sauce with peas and lemon. Reserve pasta water to help the sauce coat the farfalle without becoming too thick.

Ingredients

- 1 1/2 lb (680 g) boneless, skinless chicken breast, cut into 1-inch pieces
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) fine salt
- 1 cup (140 g) frozen peas
- 1 tbsp (15 ml) lemon juice
- 12 oz (340 g) dried farfalle (bow-tie pasta)
- 3 garlic cloves (9 g), minced
- 1/4 tsp (0.5 g) black pepper
- 3/4 cup (180 ml) heavy cream
- 1 cup (240 ml) reserved pasta water, as needed

Recipe note: Cook the chicken separately in the skillet, then fold it into the creamy peas and farfalle at the end.

Method

1. Cook farfalle in boiling water according to its package until al dente. Reserve 1 cup (240 ml) pasta water, then drain.
2. Season chicken with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Cook chicken for 8–12 minutes, turning, until every thick piece reaches 165°F (74°C) on a food thermometer. Transfer to a clean plate.
3. Cook garlic in the skillet for 30 seconds. Add heavy cream and peas; simmer gently for 4 minutes.
4. Fold in cooked chicken and farfalle. Remove from heat, add lemon juice, and stir. Add reserved pasta water a splash at a time until the sauce is silky and coats the pasta. Taste and adjust seasoning, then serve hot.

Chicken doneness and food safety

Cook raw chicken to 165°F (74°C), measured with a food thermometer in several of the largest pieces. Keep raw poultry and its utensils separate from ready-to-eat food. For the pasta bake, also check the center of the casserole reaches 165°F (74°C).

Tips and variations

- Reserve the pasta water before draining; the starch helps loosen and bind the cream sauce.
- Cook chicken in a single layer and check the thickest pieces with a thermometer; color alone is not a doneness check.
- For a herb variation, add 2 tablespoons chopped parsley. For mild heat, add 1/4 teaspoon crushed red pepper.

Storage, freezing and reheating

Refrigerate leftovers in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3–4 days, counting any prior storage time of cooked chicken. Freeze cooled portions airtight for up to 2 months for best quality; thaw in the refrigerator. Reheat in a covered oven dish at 350°F (175°C) or gently in a saucepan, adding a splash of water as needed, until 165°F (74°C) throughout. Stir sauces and check several spots; do not reheat leftovers in a slow cooker.

Quick FAQs

Can I make this ahead? Prepare ingredients ahead and refrigerate separately. Cook raw chicken and assemble the dish as directed.

How do I know the chicken is cooked? Use a thermometer; every thick piece must reach 165°F (74°C).

Can I use frozen chicken? Thaw it safely in the refrigerator before following this recipe.