Cajun Chicken Alfredo

Cajun-inspired seasoned chicken breast strips served with linguine, red bell pepper and a creamy Parmesan Alfredo sauce.



Prep 15 min | Cook 30 min | Total 45 min | Serves 4

Cooking times are estimates; chicken is cooked before the sauce and pasta are combined.

Ingredients

- 1 pound boneless skinless chicken breast / 450 g, cut into 1/2-inch strips
- 10 ounces dry linguine / 280 g
- 1 tablespoon olive oil / 15 ml
- 1 red bell pepper / 150 g, thinly sliced
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon fine salt, divided
- 1 tablespoon unsalted butter / 14 g
- 2 garlic cloves / 6 g, minced
- 1 cup heavy cream / 240 ml
- 3/4 cup finely grated Parmesan / 70 g
- Up to 1/2 cup reserved pasta cooking water / 120 ml

Spice blend: Measured individual spices avoid variable salt in packaged Cajun blends.
Heat: The small cayenne amount is a starting point; increase after tasting.
Cuisine: This is a Cajun-inspired American pasta, not a claim of a traditional Louisiana recipe.

METHOD & KITCHEN NOTES

How to make it

1. Mix paprika, garlic powder, onion powder, oregano, cayenne and half the salt. Toss with chicken.

2. Boil linguine according to its package; reserve 1/2 cup cooking water before draining.

3. Heat oil over medium heat in a large skillet. Cook chicken strips, turning, about 5 to 8 minutes until the largest pieces reach 165°F (74°C); move to a clean plate.

4. Add bell pepper and cook 4 to 5 minutes. Reduce heat, add butter and fresh garlic and stir 30 seconds.

5. Add cream and remaining salt; simmer gently for 2 minutes. Remove from direct heat, stir in Parmesan, then toss with pasta and cooked chicken.

6. Loosen with reserved water a tablespoon at a time and serve promptly.

Doneness & best results

Check every chicken portion with a food thermometer: the thickest center must reach 165°F (74°C). Color alone is not a reliable doneness test. Cooking times vary with thickness and equipment.

Cook chicken before reducing the sauce. Keep cheese away from a rolling boil.

Serving & variations

Divide the finished dish evenly among 4 servings. Optional salad, bread, rice or other sides are separate from the listed ingredient quantities.

Pasta: Replace linguine with fettuccine. Mild: Omit cayenne. Vegetable: Add a second bell pepper for more vegetables.

Store, freeze & reheat

Refrigerate 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 to 4 days. Count from the oldest cooked ingredient; assembling or reheating does not restart its storage clock.

Freeze promptly cooled portions airtight for up to 2 months for best quality. Thaw in the refrigerator. Dairy sauces may separate and pasta softens; stir gently when reheating. Keep frozen at 0°F (-18°C) or below.

Reheat a portion covered at 350°F (175°C), or in a covered microwave-safe dish, until all cold spots reach 165°F (74°C). Add a small splash of milk or water if the sauce has thickened; stir pasta portions during heating. Bring separately stored sauce to a boil when reheating; texture may change.

Recipe online

howtocookchickenrecipes.com/cajun-chicken-alfredo/