Chicken Parmesan Pasta

Chicken Parmesan-style pasta combines cooked chicken pieces, tomato sauce and penne under melted mozzarella. It has no breaded cutlets; a short oven finish melts the cheese.



Prep	Cook	Additional	Total	Servings
15 min	30 min	3 min	48 min	4

Ingredients

- 1 pound chicken breast / 450 g, diced
- 10 ounces dry penne / 285 g
- 1 tablespoon olive oil / 15 ml
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 garlic cloves / 6 g, minced
- 2 cups marinara sauce / 480 ml
- 1/2 teaspoon dried oregano
- 1 cup shredded mozzarella / 115 g
- 1/3 cup finely grated vegetarian hard cheese / 30 g

Instructions

1. Heat oven to 400°F (200°C). Boil penne according to its package and drain.

2. Season chicken and cook in oil in an oven-safe skillet for 6 to 8 minutes to 165°F (74°C), checking large pieces.

3. Add garlic for 30 seconds, then marinara and oregano. Simmer 2 minutes.

4. Fold in pasta and sprinkle mozzarella and hard cheese evenly over the top.

5. Bake 6 to 10 minutes until cheese melts and the center is hot. Rest 3 minutes before serving.

Time, Temperature & Doneness

Cook every chicken portion to at least 165°F (74°C), measuring in the thickest meat without touching bone. Check several large pieces for diced chicken or wings. Reheated chicken mixtures and casseroles must reach 165°F (74°C) in the center. Color and stated times are not reliable safety substitutes.

Ingredient Notes & Substitutions

Skillet: Must be oven-safe or transfer to a baking dish.

Pasta: Cook before the oven stage.

Cheese: Check rennet if required.

Tips for Success

Do not overboil pasta.

Check chicken before mixing.

Protect the hot skillet handle.

Common Mistakes to Avoid

Adding dry pasta to the bake.

Using a non-oven-safe handle.

Assuming tomato sauce cooks raw chicken instantly.

Recipe Variations

Shape: Use rigatoni.

Vegetable: Fold in cooked zucchini.

Serving Suggestions

Scoop the tomato penne and cooked chicken into bowls with the melted cheese topping.

Storage

Refrigerate promptly in shallow 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. When starting with cooked chicken or rice, use the oldest ingredient’s original storage deadline; reheating does not restart it.

Freezing

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator. Continuous freezing preserves safety longer but texture declines.

Reheating

Reheat covered with a splash of water or broth until the center reaches 165°F (74°C). Stir mixtures and check more than one spot. Avoid heating lean meat longer than necessary.

Frequently Asked Questions

Is this breaded chicken?
No; it uses unbreaded diced chicken in pasta.

Can I use cooked chicken?
Yes, heat the final mixture to 165°F (74°C).

Can I skip baking?
Cover the skillet on low heat to melt cheese instead.

Recipe & Sources

View the recipe on HowToCookChickenRecipes.com

Well Plated - baked cutlet and cheese-topping reference

FoodSafety.gov - poultry and leftover temperature guidance

FoodSafety.gov - refrigerated food storage limits

FoodSafety.gov - clean, separate, cook and chill