Garlic Parmesan Chicken Pasta

Garlic Parmesan-style chicken pasta uses rotini and diced chicken in a garlic cream sauce. Add finely grated cheese off heat and adjust with pasta water for a smooth finish.



Prep	Cook	Additional	Total	Servings
15 min	25 min	0 min	40 min	4

Ingredients

- 1 pound chicken breast / 450 g, diced
- 10 ounces dry rotini / 285 g
- 1 tablespoon olive oil / 15 ml
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon butter / 14 g
- 4 garlic cloves / 12 g, minced
- 1 cup heavy cream / 240 ml
- 2/3 cup finely grated vegetarian hard cheese / 60 g
- 1/2 cup reserved pasta water / 120 ml, as needed
- 1 tablespoon chopped parsley

Instructions

1. Boil rotini according to its package, reserve 1/2 cup water and drain.

2. Season chicken with salt and pepper. Cook in oil over medium heat for 6 to 8 minutes to 165°F (74°C), checking several large pieces; remove to a clean plate.

3. Melt butter over low heat and stir garlic for 30 seconds. Add cream and simmer gently 3 minutes.

4. Take off heat and stir in cheese. Toss with pasta and cooked chicken.

5. Loosen with reserved water as needed and add parsley 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

Garlic: Mince evenly to avoid scorched pieces.

Cheese: Grate finely.

Pasta: Rotini catches the sauce.

Tips for Success

Reserve water.

Keep garlic pale.

Add cheese off heat.

Common Mistakes to Avoid

Burning garlic.

Boiling cheese.

Letting pasta sit dry for a long time.

Recipe Variations

Vegetable: Add spinach to sauce.

Shape: Use penne instead.

Serving Suggestions

Serve rotini and chicken with the garlic cream sauce, topped with the measured parsley.

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

For best texture, freeze cooked filling or chicken separately from pasta, biscuits or pastry where possible. Cool promptly, pack airtight at 0°F (-18°C), use within 2 months for best quality, and thaw in the refrigerator. Dairy sauces can separate and pasta may soften.

Reheating

Reheat the chicken mixture gently, covered, until several spots reach 165°F (74°C), adding a splash of water or broth if thick. Reheat biscuits or pastry separately when possible; avoid prolonged boiling of dairy sauces.

Frequently Asked Questions

Can I use milk?
It needs a different thickening method; it is not a direct cream substitute.

How can I thin sauce?
Add pasta water a spoonful at a time.

Does it include tomato sauce?
No; this is a garlic cream pasta.

Recipe & Sources

View the recipe on HowToCookChickenRecipes.com

Budget Bytes - cream sauce technique reference

FoodSafety.gov - poultry and leftover temperature guidance

FoodSafety.gov - refrigerated food storage limits

FoodSafety.gov - clean, separate, cook and chill