

Creamy Boursin Pasta with Broccoli: The Viral TikTok Recipe You Need to Try

If you loved the viral baked feta trend, get ready for its significantly creamier, more luxurious upgrade. This **Creamy Boursin Pasta with Broccoli** takes the “bake-and-stir” viral TikTok recipe to a whole new level of delicious. By swapping the tangy feta for a block of herby, garlicky Boursin cheese, you create an instant, velvety cream sauce that requires almost zero effort. This one-pan wonder combines roasted broccoli, burst cherry tomatoes, and that iconic cheese into a weeknight dinner that feels both comforting and impressively gourmet.

Why Boursin is the Secret Weapon

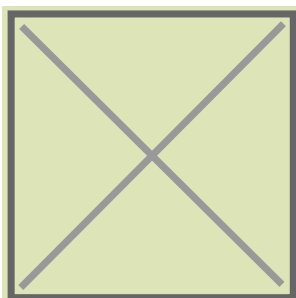
The genius of this viral recipe lies in its central ingredient. Boursin cheese is not just a block of cheese; it's a complete flavor system. It's a soft, spreadable Gournay cheese that comes packed with garlic, chives, and other fine herbs. When baked, it melts into a rich, decadent sauce base that most recipes would require a roux and multiple ingredients to achieve.

Boursin vs. Feta: The Creamy Difference

The original baked feta pasta was fantastic, but its flavor profile was distinctly tangy and briny. Boursin, on the other hand, is all about creamy, savory, and herbaceous flavor.¹¹ It doesn't have the salt-punch of feta; instead, it melts down into a smooth, garlic-forward sauce that perfectly coats the broccoli and pasta, making it an instant crowd-pleaser for all palates.

The Magic of Garlic and Fine Herbs

You don't need to chop a dozen ingredients for this sauce. The Boursin (particularly the classic Garlic & Fine Herbs flavor) does all the work for you. As it bakes, the garlic, parsley, and chives already in the cheese infuse the olive oil and tomato juices, creating a complex, aromatic sauce without you having to touch a cutting board. It's the ultimate smart, high-impact ingredient.



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- Author: [Aaron recipes](#)
- Total Time: [40 minutes](#)
- Yield: [6 servings 1x](#)

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Description

This Creamy Boursin Pasta with Broccoli is the viral TikTok recipe upgrade you need. A whole block of Boursin cheese is baked with broccoli and cherry tomatoes to create an instant, velvety cream sauce.

Ingredients

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Scale [1x](#) [2x](#) [3x](#)

- ☐ 1 lb Pasta (like Rigatoni, Penne, or Fusilli)1 block (5.2 oz) Boursin Garlic & Fine Herbs cheese1 lb Broccoli florets, cut small1 pint (10 oz) Cherry Tomatoes1/2 cup Olive Oil4 cloves Garlic, smashed1/2 tsp Red Pepper Flakes1 tsp Salt1/2 tsp Black PepperOptional: Fresh basil or parsley, for garnish
- ☐ Cook Mode Prevent your screen from going dark

Instructions

1. Preheat your oven to 400°F (200°C).
2. In a 9×13 inch baking dish, add the broccoli florets, cherry tomatoes, and smashed garlic cloves. Drizzle with olive oil and sprinkle with salt, pepper, and red pepper flakes. Toss to coat everything well.
3. Place the entire block of Boursin cheese in the center of the baking dish, nestled among the vegetables.
4. Bake for 25-30 minutes, until the tomatoes have burst and the broccoli is tender and slightly caramelized at the edges.
5. While the dish is baking, cook the pasta in a large pot of salted water according to package directions until al dente.
6. Right before draining, reserve 1 cup of the starchy pasta water.
7. Remove the baking dish from the oven. Use the back of a spoon to smash the roasted garlic and any remaining whole tomatoes.
8. Stir the melted Boursin and vegetables together vigorously until a creamy, cohesive pink sauce forms.
9. Add the hot, cooked pasta directly to the baking dish. Toss well to coat the pasta in the sauce.
10. If the sauce seems too thick, add a splash of the reserved pasta water, a few tablespoons at a time, until it reaches your desired consistency.
11. Serve immediately, garnished with fresh basil or parsley if desired.

Notes

Pasta Water: Do not skip reserving the starchy pasta water! It's the key to adjusting the sauce to a perfect, silky consistency.
Broccoli Size: Cut broccoli into small, bite-sized florets so they cook through in the 30-minute baking time.
Variations: This recipe works well with any Boursin flavor. You can also add raw shrimp in the last 5-7 minutes of baking.

- Prep Time: 10 minutes
- Cook Time: 30 minutes
- Category: Main Course
- Method: Bake
- Cuisine: American

Nutrition

- **Serving Size:** 1.5 cups
- **Calories:** 510
- **Sugar:** 5g
- **Sodium:** 480mg
- **Fat:** 28g
- **Saturated Fat:** 10g
- **Unsaturated Fat:** 18g
- **Trans Fat:** 0g
- **Carbohydrates:** 52g
- **Fiber:** 6g
- **Protein:** 13g
- **Cholesterol:** 35mg

Did you make this recipe?

Share a photo and tag us-we can't wait to see what you've made!

The “Bake and Stir” Method Explained

This viral TikTok recipe is famous for its hands-off cooking method. It's a true “set it and forget it” meal until the final stir. The entire dish is built in a 9×13 baking dish, where high heat does all the work of roasting the vegetables and melting the cheese simultaneously.

Roasting Broccoli and Tomatoes for Depth

You start by adding your broccoli florets and cherry tomatoes to the baking dish. As they roast in the hot oven, the tomatoes burst and release their sweet, acidic juices, while the broccoli becomes tender and slightly caramelized. This roasting process adds a depth of flavor that you simply can't get from boiling or steaming.

Creating an Instant Sauce in One Dish

In the center of the vegetables, you place the entire block of Boursin cheese. As everything bakes, the cheese softens and melts, and the tomato juices bubble up. When it comes out of the oven, you simply take a spoon and stir. The melted Boursin, roasted garlic, olive oil, and tomato juices combine to form a perfect, luscious, **Creamy Boursin Pasta with Broccoli** sauce.

Your Simple Ingredient Rundown

This recipe’s popularity is also due to its incredibly short and accessible ingredient list. You only need a few key items to create this spectacular dish, and you probably have most of them on hand already.

Picking the Right Pasta Shape

You’ll want a pasta that has plenty of texture to grab the creamy sauce and capture the bits of roasted broccoli. Medium, tubular, or twirly shapes are perfect. Rigatoni, penne, fusilli, or cavatappi are all excellent choices. They provide the perfect “sauce-to-pasta” ratio in every single bite.

The Role of Cherry Tomatoes and Boursin Flavor

The cherry tomatoes are essential, as their juices provide the liquid base for the sauce. As for the Boursin, you have options! While the classic Garlic & Fine Herbs is the most popular, other flavors can create entirely new dishes.

Boursin Flavor	Resulting Pasta Profile	Best For...
Garlic & Fine Herbs	Classic, savory, balanced	The quintessential TikTok pasta
Shallot & Chive	Milder, sweet onion flavor	A more subtle, sophisticated dish
Caramelized Onion	Sweet and deep	An incredibly rich, comfort-food feel
Cracked Black Pepper	Peppery, assertive	A simple, bold, Cacio e Pepe-style pasta

Step-by-Step to Viral Pasta Fame

This is arguably one of the easiest pasta recipes you will ever make. The oven does 90% of the work. The hardest part is waiting for the timer to go off.

Arranging Your Baking Dish

Preheat your oven to 400°F (200°C). In a 9×13 baking dish, add your broccoli florets, cherry tomatoes, and a few whole, smashed garlic cloves. Drizzle generously with olive oil and season with salt, pepper, and red pepper flakes. Toss to coat everything. Clear a space in the center and place the entire block of Boursin cheese.

The Final “Smash and Stir”

Bake for 25-30 minutes. You'll know it's done when the tomatoes have burst and the broccoli is tender and slightly charred at the edges. While it's baking, cook your pasta. Once the baking dish is out of the oven, use the back of a spoon to smash the roasted garlic cloves and any remaining tomatoes, then stir the entire dish, mixing the melted Boursin into the olive oil and tomato juices until a uniform, creamy pink sauce forms. Add your hot, cooked pasta and toss to combine.

Customizing Your Creamy Boursin Pasta

The basic viral recipe is a perfect canvas for customization. It's incredibly easy to add protein or other vegetables to make it your own signature dish.

Adding Protein (Shrimp, Chicken)

This dish is fantastic with added protein. You can add raw shrimp to the baking dish for the last 5-7 minutes of cooking. Or, for an even easier meal, stir in a can of drained chickpeas or some leftover shredded rotisserie chicken with the pasta at the end.

Upping the Spice Level

If you like things spicy, this recipe takes it well. Be generous with the red pepper flakes at the beginning. You can also add a squeeze of fresh lemon juice at the end. The acidity cuts through the richness of the Boursin cheese and brightens up all the flavors, making the entire dish "pop."

Tips from the TikTok Trenches

This recipe is simple, but a few tips gleaned from its viral success can help you perfect it on the first try. These small adjustments make a big difference in the final texture and flavor.

How to Keep Broccoli from Burning

Broccoli florets can sometimes burn in a 400°F oven before they become tender. To prevent this, you can either cut them into larger florets or toss them in the olive oil *first* to make sure they are thoroughly coated. A good coating of oil will protect them from the high heat, allowing them to roast instead of scorch.

Getting the Perfect Sauce Consistency

Sometimes, your sauce might feel a bit thick. The solution is simple and a staple of all pasta cooking: starchy pasta water. Before you drain your cooked pasta, reserve about one cup of the water it cooked in. When you toss the pasta with the Boursin sauce, add a splash or two of this "liquid gold." The starch in the water will help the sauce cling to the pasta and adjust it to the perfect, silky consistency. This is a great tip for any pasta dish, including our [cowboy pasta salad](#).

Frequently Asked Questions

Question 1? Can I use a different Boursin flavor?

Answer: Absolutely! That's one of the best parts of this recipe. The Garlic & Fine Herbs is classic, but the Shallot & Chive, Caramelized Onion, or even the Cracked Black Pepper versions all work

wonderfully. Each one will give you a slightly different but equally delicious pasta dish.

Question 2? My sauce is too oily. How do I fix it?

Answer: This can happen if your tomatoes didn't release enough juice. The fix is to use your reserved starchy pasta water. The starch in the water will act as an emulsifier, binding the oil and the water-based tomato juices together into a stable, creamy sauce. Add a few tablespoons and stir vigorously.

Question 3? Can I make this on the stovetop instead of baking?

Answer: Yes, but it's a different process. You would sauté the broccoli and tomatoes in a large skillet until the tomatoes burst. Then, lower the heat and add the Boursin cheese, breaking it up with a spoon and stirring until it melts into a sauce. Then, add the cooked pasta. You will lose the "roasted" flavor, but it's a great option if you're in a hurry.

Conclusion

This **Creamy Boursin Pasta with Broccoli** is more than just a viral trend; it's a genuinely delicious and ridiculously easy weeknight meal. It leverages a single, powerful ingredient to create an "instant" cream sauce that tastes like it was simmered for hours. It's comforting, endlessly customizable, and, best of all, requires minimal effort for a maximum flavor reward. It's a recipe that perfectly understands the needs of a modern cook: simple, fast, and incredibly satisfying.

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