

Creamy Garlic Chicken Pasta: Viral Dinner Idea

There is a new viral dinner idea capturing kitchens across the country, and it is this incredible **Creamy Garlic Chicken Pasta**. What makes this recipe so special? It is a one-pot meal that delivers a five-star-restaurant-level sauce. By cooking the pasta directly in the chicken stock and aromatics, the starches from the pasta release and create a naturally thick, velvety, and flavorful sauce without a complicated roux. Combined with savory seared chicken, a heavy dose of fresh garlic, and rich Parmesan, this 30-minute meal is a game-changer for weeknight dinners, minimizing cleanup without sacrificing a single drop of flavor.

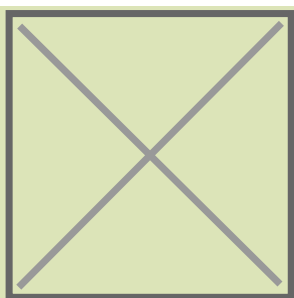
Why You'll Love This Recipe

Perfect for One-Pot Simplicity

The genius of this **Creamy Garlic Chicken Pasta** recipe lies in its one-pot method. You sear the chicken, sauté the aromatics, and then cook the *uncooked* pasta right in the same skillet with the chicken stock. This technique means all the flavor from the chicken and garlic infuses directly into the pasta as it cooks. More importantly, the starches released from the pasta act as a natural thickener, creating a smooth, glossy sauce. This all happens in a single skillet, which means cleanup is an absolute breeze—a true weeknight victory.

Intense Garlic & Herb Highlights

This dish is a true celebration of garlic. We use six large cloves, plus a shallot, to build a deeply aromatic and savory foundation. The garlic flavor is prominent, sweet, and nutty, not sharp or bitter. This robust base is perfectly complemented by a full tablespoon of Italian seasoning on the chicken, which then flavors the entire pot. The combination of intense garlic and savory herbs, all mellowed by the rich heavy cream and sharp Parmesan, makes this **Creamy Garlic Chicken Pasta** an unforgettable and addictive dinner idea.



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- Author: [Aaron recipes](#)
- Total Time: [30 min](#)
- Yield: [4](#) [1x](#)

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Description

This viral Creamy Garlic Chicken Pasta is a 30-minute, one-pot dinner. The pasta cooks directly in the garlicky cream sauce for maximum flavor and minimal cleanup.

Ingredients

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- ☐ 1 lb boneless, skinless chicken, cut into 1-inch cubes
 - ☐ 1 tbsp Italian seasoning
 - ☐ 1/2 tsp salt
 - ☐ 1/4 tsp black pepper
 - ☐ 2 tbsp unsalted butter (divided)
 - ☐ 6 cloves garlic, minced
 - ☐ 1 shallot, minced
 - ☐ 3–4 cups low-sodium chicken stock
 - ☐ 12 oz penne pasta (uncooked)
 - ☐ 1/2 cup heavy cream
 - ☐ 3/4 cup grated Parmesan cheese
 - ☐ 2 tbsp fresh parsley, chopped
 - ☐ [Cook Mode](#) Prevent your screen from going dark
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Instructions

1. In a bowl, season the chicken cubes with Italian seasoning, salt, and pepper.
2. Melt 1 tbsp of butter in a large, deep skillet or Dutch oven over medium-high heat. Add the chicken and cook for 5-7 minutes, until golden brown and cooked through. Remove the chicken to a plate.
3. In the same skillet, melt the remaining 1 tbsp of butter over medium heat. Add the minced garlic and shallot. Sauté for 1 minute until fragrant.
4. Pour in 3 cups of the chicken stock and bring to a boil.
5. Add the uncooked penne pasta to the skillet. Stir to combine and ensure the pasta is mostly submerged.
6. Cook the pasta, stirring occasionally, for 8-10 minutes, or until al dente and most of the stock has been absorbed. If the pasta is not yet cooked and the pan is dry, add the remaining 1 cup of stock, 1/2 cup at a time.
7. Once the pasta is tender, reduce the heat to low. Stir in the heavy cream and grated Parmesan cheese until the sauce is smooth and creamy.
8. Add the cooked chicken back into the skillet.
9. Toss everything together to combine and heat through for 1-2 minutes.
10. Serve immediately, garnished with fresh parsley.

Notes

This one-pot method creates its own starchy, creamy sauce. Ensure you stir occasionally so the pasta doesn't stick to the bottom.

- Prep Time: 10 min
- Cook Time: 20 min
- Category: Main Course
- Method: One-Pot
- Cuisine: Italian-American

Nutrition

- **Calories:** 600
- **Fat:** 22g
- **Carbohydrates:** 65g
- **Protein:** 40g

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Ingredient Highlights & Substitutions

Essential Ingredients

For this **Creamy Garlic Chicken Pasta**, you will need one pound of boneless, skinless chicken, cut into cubes. The seasoning backbone is Italian seasoning, salt, and pepper. The aromatics are key: six cloves of garlic and one shallot. The “one-pot” magic comes from using three to four cups of low-sodium chicken stock and twelve ounces of *uncooked* penne pasta. The stock will be the cooking liquid for the pasta. Finally, to make it creamy, you will need heavy cream and, of course, a generous amount of grated Parmesan cheese.

Smart Substitutions

This recipe is flexible. Boneless chicken thighs can be substituted for breasts for a juicier result. If you do not have a shallot, a quarter-cup of finely diced yellow onion works perfectly. While penne is ideal, other short pasta shapes like rotini or farfalle will also work, though you may need to adjust the cooking time slightly. To add some greens, you can stir in a large handful of fresh spinach during the last minute of cooking, letting it wilt directly into the sauce.

Step-by-Step Instructions

Prep Phase

Your preparation for this one-pot meal is simple and fast. Start by cutting one pound of boneless, skinless chicken into one-inch, bite-sized cubes. In a bowl, toss the chicken with one tablespoon of Italian seasoning, half a teaspoon of salt, and a quarter-teaspoon of pepper. Next, finely mince six cloves of garlic and one shallot. Have your chicken stock, uncooked pasta, heavy cream, and Parmesan cheese measured and ready to go by the stove. This process moves quickly once you start.

Cooking Phase

In a large, deep skillet or Dutch oven, melt one tablespoon of unsalted butter over medium-high heat. Add the seasoned chicken cubes in a single layer. Let them cook for five to seven minutes, stirring occasionally, until all sides are golden brown and the chicken is cooked through. Using a slotted spoon, transfer the chicken to a plate and set it aside. In the same skillet, melt another tablespoon of butter over medium heat. Add the minced garlic and shallot, and sauté for just one minute until fragrant. Pour in three cups of the chicken stock, scraping the bottom of the pan to release any browned bits. Turn the heat up and bring the stock to a rolling boil. Stir in the twelve ounces of *uncooked* penne pasta, ensuring it is mostly submerged in the liquid. Allow the pasta to cook at a steady boil, stirring frequently to prevent sticking, for eight to ten minutes. The pasta should be al dente, and most of the stock should be absorbed. If the pan looks dry before the pasta is tender, add the remaining cup of stock, a little at a time. Once the pasta is cooked, reduce the heat to low. Pour in a half-cup of heavy cream and three-quarters of a cup of grated Parmesan cheese. Stir constantly until the cheese is melted and a thick, **Creamy Garlic Chicken Pasta**

sauce has formed. Finally, add the cooked chicken back into the skillet. Toss everything together to combine and allow it to heat through for one to two minutes. Serve immediately.

Pro Tips for Perfect Results

Technique Secrets

The most important technique for this one-pot **Creamy Garlic Chicken Pasta** is stirring. As the pasta cooks in the stock, it will release starches that can stick to the bottom of the pan. Stirring frequently, especially as the liquid reduces, prevents sticking and helps create a smooth, emulsified sauce. Another tip is to use *low-sodium* chicken stock. Because the stock reduces significantly, regular stock can make the final dish overly salty. Using low-sodium stock gives you full control over the final seasoning.

Common Mistakes to Avoid

A common mistake is not using a pan that is large enough. You need a deep skillet or a Dutch oven to accommodate the pasta and the liquid. A standard frying pan will not be deep enough, and it will boil over. Another pitfall is walking away. This is an active-cooking recipe. You must monitor the liquid level and stir the pasta. If you do not, the pasta will cook unevenly, and the bottom will scorch, ruining the flavor of your sauce.

Serving Ideas & Pairings

Presentation & Plating

This **Creamy Garlic Chicken Pasta** is gorgeously rustic and looks best served family-style in a large bowl or dished out individually into warm pasta bowls. The glossy, cream-colored sauce clinging to the penne and chicken is appetizing on its own. To elevate it, a heavy garnish of chopped fresh parsley is a must. The vibrant green adds a beautiful pop of color and a clean, fresh taste that balances the rich, garlicky sauce. An extra grating of Parmesan cheese over the top is the perfect final touch.

Pairing Suggestions

Since this is a hearty one-pot meal, you do not need much else. A simple side salad with a bright vinaigrette is the perfect companion to cut through the richness. A simple, crisp green salad or some lemon-dressed arugula would be ideal. If you want to add more vegetables, roasted broccoli or green beans are excellent choices. And, of course, some crusty bread is always a good idea to ensure no one misses a single drop of that incredible garlic cream sauce. It's a full meal, much like this [Simple Creamy Smothered Chicken and Rice](#).

Timing Breakdown

Step	Time	Notes
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Prep	10 min	Chop chicken, mince garlic/shallot.
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Cook	20 min	Sear chicken, cook pasta in stock, finish sauce.
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Step Time Notes

Total 30 min Serves 4

Frequently Asked Questions

Will the pasta really cook through in the pan?

Yes, absolutely! The boiling chicken stock is more than enough to cook the dry pasta perfectly to al dente. The key is to keep it at a steady boil and stir often. This method is what infuses the pasta with so much more flavor than boiling it in plain water.

My sauce seems thin. How can I thicken it?

The sauce should thicken naturally from the pasta starches and the Parmesan cheese. If it still seems thin, let it stand off the heat for two to three minutes; it will thicken significantly as it cools slightly. If it is still too thin, you may have used too much stock.

Can I use fresh herbs instead of dried Italian seasoning?

Certainly. If you have fresh herbs, add them with the garlic and shallot. A combination of fresh, chopped oregano, thyme, and basil would be delicious. Use about one tablespoon of fresh herbs for every teaspoon of dried herbs called for.

Conclusion

This one-pot **Creamy Garlic Chicken Pasta** is a true viral dinner sensation for all the right reasons. It redefines weeknight cooking by offering a meal that is both incredibly easy to clean up and spectacularly rich in flavor. The technique of cooking the pasta in the stock is a simple change that yields transformative results, creating a sauce that is silkier and more flavorful than you ever thought possible in 30 minutes. This is comfort, efficiency, and gourmet flavor all in one pot, and it is destined to become a new favorite in your dinner rotation.

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