

Easy Garlic Parmesan Chicken Pasta: Comfort Food

This **Easy Garlic Parmesan Chicken Pasta** is the definition of pure comfort food. When you crave something warm, satisfying, and reliably delicious, this 30-minute meal is the answer. It features tender, seasoned chicken and perfectly cooked pasta, all enveloped in a rich, velvety cream sauce that is loaded with savory garlic and sharp Parmesan cheese. It is a timeless classic, similar to an Alfredo but often lighter and more robustly flavored. This recipe is a weeknight workhorse, beloved by both kids and adults, and proves that you do not need a complicated ingredient list to create a truly spectacular, comforting dinner.

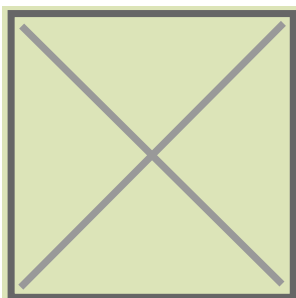
Why You'll Love This Recipe

Perfect for Family Dinners

Finding a meal that everyone in the family will eagerly eat can be a challenge, but this **Easy Garlic Parmesan Chicken Pasta** is a universal crowd-pleaser. Its flavors are familiar and beloved: creamy sauce, savory chicken, and cheesy pasta. There is nothing overly spicy or adventurous, just pure, satisfying goodness. Because it comes together so quickly on a busy night, it is a fantastic recipe for reducing dinner-time stress. It is a hearty, wholesome, and comforting dish that will bring the whole family to the table.

Rich Garlic & Parmesan Highlights

The heart and soul of this **Easy Garlic Parmesan Chicken Pasta** is its luxurious sauce. We use five whole cloves of garlic, minced and gently sautéed in butter, to create a sweet, aromatic base that infuses the entire dish. This is not just a hint of garlic; it is a celebration of it. This fragrant foundation is then enriched with heavy cream and a full cup of freshly grated Parmesan cheese. The Parmesan melts beautifully, creating a thick, glossy sauce that clings to every noodle, delivering a sharp, nutty, and salty flavor that perfectly balances the rich cream and savory chicken.



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

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Description

This easy 30-minute Garlic Parmesan Chicken Pasta is pure comfort food. Tender seasoned chicken is served with pasta in a rich, velvety garlic-Parmesan cream sauce.

Ingredients

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- ☐ 1 lb boneless, skinless chicken breasts
- ☐ 1 tsp Italian seasoning
- ☐ 1/2 tsp paprika
- ☐ 1/2 tsp garlic powder
- ☐ Salt and black pepper to taste
- ☐ 2 tbsp olive oil
- ☐ 12 oz fettuccine or penne pasta
- ☐ 4 tbsp unsalted butter
- ☐ 5 cloves garlic, minced
- ☐ 1 cup heavy cream
- ☐ 1/2 cup chicken broth
- ☐ 1 cup grated Parmesan cheese
- ☐ 1/2 cup reserved pasta water
- ☐ 2 tbsp fresh parsley, chopped
- ☐ [Cook Mode](#) Prevent your screen from going dark

Instructions

1. Bring a large pot of salted water to a boil. Cook pasta according to package directions until al dente. Reserve 1 cup of pasta water, then drain.
2. In a small bowl, combine Italian seasoning, paprika, garlic powder, salt, and pepper. Pat the chicken dry and season generously on all sides.
3. Heat the olive oil in a large skillet over medium-high heat. Add the seasoned chicken and cook for 4-5 minutes per side, or until golden brown and cooked through (internal temp 165°F). Remove chicken to a plate and let it rest.
4. In the same skillet, reduce heat to medium and melt the butter. Add the minced garlic and cook for 30-60 seconds until fragrant, being careful not to burn it.
5. Pour in the chicken broth, scraping up any browned bits from the bottom of the pan.
6. Whisk in the heavy cream and bring the sauce to a simmer. Cook for 3-4 minutes, until it begins to thicken.
7. Reduce heat to low and stir in the grated Parmesan cheese until melted and the sauce is smooth.
8. Add the cooked pasta back to the skillet. Toss to coat the pasta in the sauce. If the sauce is too thick, add reserved pasta water, one tablespoon at a time.
9. Slice the rested chicken and add it to the pasta. Toss to combine.
10. Serve immediately, garnished with fresh parsley and extra Parmesan.

Notes

Using freshly grated Parmesan cheese from a block will result in a much smoother sauce. Pre-shredded cheese can make the sauce grainy.

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

Nutrition

- **Calories:** 700
- **Fat:** 38g
- **Carbohydrates:** 50g

- **Protein:** 42g

Did you make this recipe?

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Ingredient Highlights & Substitutions

Essential Ingredients

For this **Easy Garlic Parmesan Chicken Pasta**, the key components are simple. You will need one pound of boneless, skinless chicken breasts. A simple seasoning blend of Italian seasoning, paprika, and garlic powder makes the chicken flavorful on its own. The sauce is a classic combination of unsalted butter, minced fresh garlic, heavy cream, and chicken broth. The chicken broth adds depth and thins the sauce slightly, preventing it from becoming too heavy. A full cup of grated Parmesan cheese provides the signature flavor and texture. We recommend a long pasta like fettuccine or linguine, or a short, sturdy shape like penne.

Smart Substitutions

This recipe is incredibly easy to customize. If you prefer dark meat, boneless, skinless chicken thighs can be used in place of breasts. For a veggie boost, toss in a few handfuls of fresh spinach at the end, or add steamed broccoli florets. If you do not have heavy cream, you can substitute half-and-half, but the sauce will be thinner. To thicken it, you can create a small slurry of one tablespoon cornstarch mixed with one tablespoon of cold water and whisk it into the simmering sauce. Any pasta shape you have on hand will work wonderfully.

Step-by-Step Instructions

Prep Phase

First, set a large pot of water on the stove to boil and salt it generously. While you wait, prepare your chicken. In a small bowl, combine one teaspoon of Italian seasoning, half a teaspoon of paprika, half a teaspoon of garlic powder, salt, and pepper. Pat the chicken breasts dry and season them generously on all sides with this blend. Mince five cloves of fresh garlic. Once the water is boiling, add twelve ounces of your chosen pasta and cook until al dente, according to the package directions. Crucially, reserve one cup of the starchy pasta water before you drain the pasta.

Cooking Phase

As the pasta cooks, heat two tablespoons of olive oil in a large, deep skillet over medium-high heat. Place the seasoned chicken breasts in the hot pan. Cook for four to five minutes per side, until a golden-brown crust forms and the chicken is cooked through (reaching an internal temperature of 165°F). Remove the chicken from the skillet, place it on a cutting board, and let it rest for a few minutes before slicing. In the same skillet, reduce the heat to medium and melt four tablespoons of unsalted butter. Add the five minced garlic cloves and cook for 30 to 60 seconds. Be very careful

not to let the garlic burn; you just want it to become fragrant. Pour in a half-cup of chicken broth, using a wooden spoon to scrape up any browned bits of flavor from the bottom of the pan. Whisk in one cup of heavy cream and bring the sauce to a gentle simmer. Let it bubble lightly for three to four minutes to thicken. Reduce the heat to low and stir in one cup of grated Parmesan cheese. Whisk until the cheese is completely melted and the sauce is smooth. Finally, add the drained pasta to the skillet, tossing it to coat in the sauce. If the sauce is too thick, add the reserved pasta water, a little at a time, until it reaches a silky consistency. Serve the pasta topped with the sliced **Easy Garlic Parmesan Chicken**.

Pro Tips for Perfect Results

Technique Secrets

The most important technique for this **Easy Garlic Parmesan Chicken Pasta** is to use freshly grated Parmesan from a block. Pre-shredded cheese contains cellulose (an anti-caking agent) that gives cream sauces a gritty, grainy texture. Grating it yourself ensures a perfectly smooth, restaurant-quality melt. Another secret is letting the chicken rest *before* slicing it. This allows the juices to redistribute, ensuring every bite of chicken is tender and moist, not dry. Lastly, using both butter and olive oil to cook the chicken gives you the high smoke point of oil and the rich flavor of butter.

Common Mistakes to Avoid

The number one mistake to avoid is burning the garlic. Minced garlic goes from fragrant to burnt and bitter in a matter of seconds. Keep the heat on medium and stir constantly. If you smell even a hint of scorching, it is best to start over. Another common error is adding the cheese when the sauce is boiling. High heat can cause the cheese to “break” or separate. Always lower the heat to the minimum setting before stirring in your Parmesan.

Serving Ideas & Pairings

Presentation & Plating

Serve this **Easy Garlic Parmesan Chicken Pasta** in warm bowls. Twirl the pasta high in the center of the bowl, then fan the slices of cooked chicken elegantly on top or alongside. A generous garnish of chopped fresh parsley is essential; it adds a vibrant splash of green and a fresh, clean flavor that cuts through the richness of the sauce. A final crack of fresh black pepper and an extra sprinkle of Parmesan at the table are always welcome additions.

Pairing Suggestions

This is a very rich and satisfying dish, so light, crisp sides are the perfect partners. A simple Caesar salad or a garden salad with a bright lemon vinaigrette provides a refreshing contrast. For a vegetable, roasted asparagus, green beans, or even sautéed mushrooms work beautifully. Of course, you cannot go wrong with classic garlic bread for dipping into that incredible sauce. This dish is pure comfort, similar in its appeal to other family favorites like [Simple Creamy Smothered Chicken and Rice](#).

Ingredient Variations

Ingredient Original		Substitute	Notes
Protein	Chicken Breast	Chicken Thighs	Thighs will add more flavor but require slightly longer cooking.
Veggie	None	Broccoli Florets	Steam or roast first, then toss in with the pasta.
Veggie	None	Fresh Spinach	Stir in at the very end until just wilted.
Cream	Heavy Cream	Half-and-Half	Sauce will be thinner; may need a cornstarch slurry to thicken.

Frequently Asked Questions

My sauce is grainy. What did I do wrong?

This is almost always caused by one of two things: using pre-shredded Parmesan cheese, or adding the cheese when the sauce was too hot. Use a block of Parmesan and grate it yourself, and always turn the heat to low before whisking it in.

Can I use chicken thighs instead of breasts?

Absolutely. Boneless, skinless chicken thighs are a fantastic choice. They will add even more rich, savory flavor to the dish. Cook them just as you would the breasts, ensuring they reach an internal temperature of 165°F.

How do I keep the chicken from being dry?

The two most important steps are to not overcook it and to let it rest. Use a meat thermometer to pull the chicken off the heat as soon as it hits 165°F. Then, let it rest on the cutting board for at least 5 minutes before you slice it. This allows the juices to settle.

Conclusion

This **Easy Garlic Parmesan Chicken Pasta** is a recipe you will return to again and again. It is the culinary equivalent of a warm hug: deeply comforting, incredibly satisfying, and always a hit. In just 30 minutes, it delivers a meal that tastes like it simmered for hours, with a sauce so rich and flavorful it feels like a true indulgence. For a perfect weeknight dinner that is guaranteed to please, this garlic and Parmesan-packed recipe is an absolute must-try.
