

Marry Me Chicken Pasta: Viral Recipe Anyone Can Master

Get ready to discover the dish that took the entire internet by storm. This **Marry Me Chicken Pasta** is the ultimate viral recipe, and for one very good reason: it's irresistibly delicious. It brilliantly transforms the famously delectable "Marry Me Chicken" into a comforting, decadent, and easy-to-make pasta dish that anyone can master. This recipe features perfectly pan-seared chicken and al dente pasta, all enveloped in a breathtakingly rich and savory sun-dried tomato cream sauce. It's the kind of meal that truly tastes like it came from a high-end Italian restaurant, yet it's surprisingly straightforward to prepare in your own kitchen.

Why You'll Love This Recipe

Perfect for Date Night

This dish is pure romance served in a bowl. The name "Marry Me Chicken Pasta" says it all. Its luxurious texture and sophisticated, complex flavors make it the absolute perfect centerpiece for a special date night in, an anniversary celebration, or any time you truly want to impress someone special. The magical combination of heavy cream, garlic, parmesan, and tangy sun-dried tomatoes creates a sauce that is deeply satisfying and feels incredibly indulgent. It is the definition of elevated comfort food, setting the perfect mood for a memorable evening without requiring hours of complicated, stressful cooking.

Sun-Dried Tomato Highlights

The undeniable star and secret weapon of this viral recipe is the sun-dried tomato. These little gems provide a powerful, concentrated burst of sweet, tangy, and savory flavor that masterfully cuts through the richness of the cream sauce. They are not just a simple mix-in; they are completely foundational to the dish's unique flavor profile. When they are sautéed with garlic, they release their intense, delicious flavor into the entire sauce. This process creates a beautiful, blush-colored cream sauce that is worlds apart from a standard Alfredo, offering a bright, zesty counterpoint to the savory chicken and cheese.

marry me chicken pasta 1

Marry Me Chicken Pasta: Viral Recipe Anyone Can Master

No reviews

- Author: [Aaron recipes](#)
- Total Time: [35 min](#)
- Yield: [4 servings 1x](#)

[Print Recipe](#)

Description

The viral Marry Me Chicken Pasta recipe! Tender chicken and pasta are enveloped in a luxurious, savory sun-dried tomato cream sauce. This is a restaurant-quality dish that anyone can master for a perfect date night.

Ingredients

Copy to clipboard

Scale 1x 2x 3x

- ☐ 1 lb boneless, skinless chicken breasts, sliced into thin cutlets
 - ☐ 1 tbsp olive oil
 - ☐ 3 cloves garlic, minced
 - ☐ 1/2 cup sun-dried tomatoes in oil, drained and chopped
 - ☐ 1/4 tsp red pepper flakes
 - ☐ 1/2 cup chicken broth
 - ☐ 1 cup heavy cream
 - ☐ 1/2 cup grated Parmesan cheese
 - ☐ 12 oz penne or rigatoni pasta
 - ☐ 1/4 cup fresh basil, chopped
 - ☐ Salt and black pepper to taste
 - ☐ Cook Mode Prevent your screen from going dark
-

Instructions

1. Cook pasta in a large pot of boiling, salted water until al dente. Reserve 1 cup of pasta water, then drain.
2. While pasta cooks, season chicken cutlets with salt and pepper.

3. Heat olive oil in a large skillet over medium-high heat. Add chicken and cook for 4-5 minutes per side, until golden brown and cooked through. Remove chicken to a plate.
4. Reduce heat to medium. Add garlic, chopped sun-dried tomatoes, and red pepper flakes to the skillet. Cook for 1 minute until fragrant.
5. Pour in the chicken broth to deglaze the pan, scraping up any browned bits.
6. Stir in the heavy cream and bring to a gentle simmer. Cook for 2-3 minutes until the sauce begins to thicken.
7. Remove from heat and stir in the grated Parmesan cheese until melted and smooth.
8. Add the drained pasta to the skillet, tossing to coat. If the sauce is too thick, add reserved pasta water a few tablespoons at a time.
9. Stir in the fresh basil. Slice the chicken and serve it over the pasta, or toss it directly into the skillet. Garnish with more basil and Parmesan.

Notes

Using the oil from the sun-dried tomato jar instead of olive oil adds even more flavor.

For an extra layer of flavor, add a splash of dry white wine after the garlic and let it reduce before adding the broth.

Stir in a large handful of fresh spinach with the basil for added greens.

- Prep Time: 15 min
- Cook Time: 20 min
- Category: Dinner
- Method: Skillet, Stovetop
- Cuisine: Italian-American

Nutrition

- **Serving Size:** 1 serving
 - **Calories:** 760 kcal
 - **Sugar:** 5 g
 - **Sodium:** 810 mg
 - **Fat:** 39 g
 - **Saturated Fat:** 20 g
 - **Carbohydrates:** 55 g
 - **Fiber:** 4 g
 - **Protein:** 46 g
 - **Cholesterol:** 150 mg
-

Did you make this recipe?

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

Ingredient Highlights & Substitutions

Essential Ingredients

To master this **Marry Me Chicken Pasta**, you will need a few key players. Boneless, skinless chicken breasts, sliced thin into cutlets or pounded for quick, even cooking, are essential. The sauce's magic comes directly from a jar of sun-dried tomatoes, preferably those packed in oil, as the oil itself is flavorful. You'll also need heavy cream, fresh garlic, and a high-quality grated Parmesan cheese. A splash of chicken broth helps to create the sauce base, while fresh basil and a pinch of red pepper flakes provide the essential finishing aromatic touches.

Smart Substitutions

While the original viral recipe is fantastic as-is, it is also wonderfully adaptable. If you do not have chicken breasts, boneless, skinless chicken thighs will work just as well, adding even more rich flavor. For a slightly lighter sauce, you can experiment with half-and-half, though it will not be quite as thick and decadent. If you only have dry-packed sun-dried tomatoes, simply rehydrate them in a bit of hot water or broth for 10-15 minutes before you chop them. Many people also love to wilt in a few large handfuls of fresh spinach at the end.

Step-by-Step Instructions

Prep Phase

Your first step is to begin by preparing your chicken. If you are using full chicken breasts, carefully slice them in half horizontally to create thinner, faster-cooking cutlets. Season both sides of the chicken generously with salt, pepper, and a touch of garlic powder. Next, mince your fresh garlic and roughly chop your oil-packed sun-dried tomatoes. Start a large pot of salted water boiling for your pasta. Have your heavy cream, chicken broth, and grated Parmesan measured and ready to go. This viral recipe moves fast, so preparation is key.

Cooking Phase

While your pasta cooks, heat a tablespoon of olive oil (or, even better, a tablespoon of the oil from your sun-dried tomato jar) in a large skillet over medium-high heat. Sear the chicken cutlets for 4-5 minutes per side, until they are beautifully golden brown and cooked all the way through. Remove the cooked chicken from the pan and set it aside on a plate. In the same skillet, reduce the heat to medium. Add the minced garlic, chopped sun-dried tomatoes, and a pinch of red pepper flakes. Cook for one minute until fragrant.

Pro Tips for Perfect Results

Technique Secrets

The biggest secret to a flawless, restaurant-quality sauce for your **Marry Me Chicken Pasta** is all about balance and emulsion. First, do not wipe out the skillet after you cook the chicken. The “fond,” or the tasty browned bits stuck to the bottom of the pan, is packed with concentrated flavor that will form the base of your sauce. Deglazing the pan with chicken broth unlocks all of this flavor. Second, when you add the Parmesan cheese, be sure to remove the skillet from the direct heat. This important step prevents the cheese from clumping and “breaking” the sauce, ensuring it melts smoothly.

Common Mistakes to Avoid

A very common mistake is boiling the sauce after the cream or cheese has been added. This high heat can cause the sauce to separate or become grainy. You should always keep the sauce at a gentle, low simmer. Another frequent pitfall is not reserving any of the starchy pasta water. Before you drain your pasta, save at least one cup. When you combine the pasta with the sauce, you will likely need a few splashes of this starchy water to help the sauce cling perfectly and achieve the ideal consistency.

Serving Ideas & Pairings

Presentation & Plating

This **Marry Me Chicken Pasta** is a true showstopper, so it deserves a presentation to match. After you toss the al dente pasta with the finished sauce, slice your seared chicken cutlets on a bias (at an angle). Ladle the creamy pasta into shallow bowls, then elegantly fan the chicken slices over the top. This method ensures that every single serving gets the perfect ratio of chicken and pasta. Garnish the dish generously with fresh, chiffonaded basil (which means thinly sliced strips) and an extra sprinkle of Parmesan. The vibrant green from the basil adds a beautiful pop of color.

Pairing Suggestions

To complement this rich and incredibly decadent pasta dish, you should stick to simple, bright, and acidic accompaniments. A simple green salad tossed with a sharp, tart vinaigrette will help cleanse the palate between bites. Roasted asparagus or fresh green beans with a squeeze of lemon juice also provide a lovely, fresh contrast in both texture and flavor. For bread, a warm, crusty baguette is practically essential for soaking up every last drop of that incredible sun-dried tomato cream sauce from the bowl.

Frequently Asked Questions

Question 1? What makes “Marry Me Chicken” so special?

Answer: The unique flavor profile comes from the combination of sun-dried tomatoes and cream. Unlike a standard Alfredo, the tomatoes add a sweet, tangy, and savory depth that cuts through the richness, creating a complex and incredibly addictive sauce.

Question 2? Can I use fresh tomatoes instead of sun-dried?

Answer: You could, but it would create a very different dish. Sun-dried tomatoes have a concentrated, intense flavor that fresh tomatoes lack. You would lose the signature taste. If you want to use fresh, cherry tomatoes would be your best bet, but the flavor profile will change.

Question 3? Is this recipe very spicy?

Answer: This viral recipe is not typically spicy. It has a very mild background warmth from a small pinch of red pepper flakes, which is mostly used to balance the cream. You can easily omit the pepper flakes entirely for a zero-heat dish, or add more if you prefer a spicier kick.

Conclusion

It is abundantly clear why this **Marry Me Chicken Pasta** became a viral recipe that anyone can master. It is an extraordinary dish that truly delivers on every single level: it is visually stunning, it is packed with complex, gourmet-level flavors, and it is unbelievably satisfying. Yet, it remains accessible and approachable for any home cook, coming together in well under an hour. This meal is more than just a simple dinner; it is an experience. It's the perfect dish to show your love, to celebrate a special occasion, or to simply treat yourself to one of the most delicious pasta dishes you will ever make.

For another easy viral hit, try this [Viral Marry Me Chicken Pasta: Easy Recipe](#)

Nutrient	Amount % Daily Value	
Calories	760 kcal	38%
Protein	46 g	92%
Carbs	55 g	20%
Fat	39 g	50%
Saturated Fat	20 g	100%
Sodium	810 mg	35%