

One-Pot Creamy Cajun Chicken Pasta – Simple & Delicious

One-Pot Creamy Cajun Chicken Pasta is the ultimate comfort food that combines smoky Cajun flavors, tender chicken, and a rich cream sauce all in a single skillet. With minimal cleanup and bold taste, this recipe is perfect for busy weeknights, casual dinners, or even entertaining.

By cooking everything in one pot, the pasta absorbs the flavors of the sauce while staying creamy and satisfying. Let's explore its Cajun roots, step-by-step cooking method, creative variations, and tips for storage and serving.

Cajun Cuisine and Pasta – A Perfect Match

The bold origins of Cajun seasoning

Cajun seasoning is a spice mix inspired by Louisiana's French and Creole cooking. It blends paprika, cayenne, garlic, onion, and herbs to create a smoky and spicy flavor. While traditionally used in gumbo, jambalaya, and blackened seafood, this seasoning has become a favorite for pasta dishes too. If you enjoy spicy cream sauces, you'll also love Shrimp Alfredo Pasta for its similar flavor balance.

Why one-pot pasta works so well

Cooking everything in one pot allows the pasta to absorb Cajun spices and creamy sauce directly. This technique enhances the flavor and saves time in the kitchen. Plus, it reduces cleanup, making dinner stress-free and efficient.

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Description

One-Pot Creamy Cajun Chicken Pasta combines juicy chicken, smoky Cajun spices, and velvety cream sauce in a single skillet for a flavorful, quick dinner.

Ingredients

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- ☐ 2 boneless, skinless chicken breasts
 - ☐ 1 tbsp olive oil
 - ☐ 1 tbsp Cajun seasoning
 - ☐ Salt and pepper to taste
 - ☐ 12 oz pasta (penne, fettuccine, or spaghetti)
 - ☐ 2 tbsp unsalted butter
 - ☐ 4 garlic cloves, minced
 - ☐ 1 tbsp Cajun seasoning
 - ☐ 1 tsp smoked paprika
 - ☐ 1 cup heavy cream
 - ☐ ½ cup chicken broth
 - ☐ ¼ cup grated Parmesan cheese
 - ☐ Fresh parsley, chopped
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Instructions

1. Season chicken with Cajun seasoning, salt, and pepper.
2. Cook chicken in olive oil until golden and cooked through. Slice and set aside.
3. Boil pasta in salted water until al dente. Reserve 1 cup pasta water.
4. In the same skillet, melt butter and sauté garlic.
5. Add Cajun seasoning and smoked paprika. Stir until fragrant.

6. Pour in cream and broth. Simmer until sauce thickens.
7. Stir in Parmesan until smooth.
8. Add cooked pasta and toss with sauce. Adjust with pasta water.
9. Return chicken slices to skillet and toss.
10. Garnish with parsley and serve hot.

Notes

Substitute chicken with shrimp for variety.

Add bell peppers, spinach, or mushrooms for extra flavor.

Store leftovers in an airtight container for up to 4 days.

Reheat gently with extra broth or cream.

Did you make this recipe?

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

Key Ingredients for Creamy Cajun Chicken Pasta

Choosing chicken and pasta wisely

Chicken breasts cook quickly and absorb Cajun seasoning beautifully. For juicier bites, chicken thighs work as a flavorful substitute. As for pasta, penne and fettuccine are ideal for holding creamy sauces, though spaghetti is a good alternative.

Building the creamy Cajun sauce

The heart of this dish lies in its sauce. Butter adds richness, garlic provides depth, Cajun seasoning boosts heat, and heavy cream delivers smoothness. Parmesan cheese thickens the sauce with salty umami flavor. For a smoky edge, smoked paprika is essential. A splash of broth keeps the texture silky. If you want another creamy dinner, Garlic Butter Shrimp Pasta offers similar comfort with seafood.

Step-by-Step Cooking Guide

Perfecting the chicken

Season the chicken with Cajun seasoning, salt, and pepper. Heat olive oil in a skillet and sear the chicken for 6–7 minutes per side until golden brown. Rest the chicken, then slice it into strips. This

step ensures juicy, flavorful bites throughout.

Making pasta and sauce in one pot

Boil the pasta in salted water until just al dente, reserving a cup of pasta water. In the same skillet, melt butter, sauté garlic, and add Cajun seasoning with smoked paprika. Stir in cream and broth, letting it simmer until thickened. Finally, mix in Parmesan until creamy. Toss the pasta directly into the sauce, add chicken slices, and adjust with pasta water for perfect consistency.

Bringing It All Together

Combining flavors

Return the chicken to the skillet with the creamy Cajun pasta. Toss well so every bite has balanced flavor. The pasta should be coated in a smooth sauce, with chicken adding protein and heartiness.

Garnishing and serving

Finish with fresh parsley, red pepper flakes, or extra Parmesan. A squeeze of lemon juice also brightens the flavors. For more family-style pasta dinners, check out Chicken Broccoli Alfredo Bake.

Variations and Customization

Adding vegetables and seafood

Bell peppers, spinach, mushrooms, or onions bring freshness and color. Shrimp is a fantastic swap for chicken, adding Cajun seafood flair.

Lighter and healthier versions

Use half-and-half instead of heavy cream, or substitute whole wheat pasta. Light Parmesan also reduces calories while maintaining taste. For pairing, try with Homemade Garlic Bread.

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Serving Ideas and Pairings

Best sides

Garlic bread, fresh green salad, or roasted vegetables balance the richness of this pasta. These sides make the meal complete without overpowering it.

Drinks and wine

Pair with crisp white wine such as Sauvignon Blanc, or go with sparkling water and lemon for a refreshing non-alcoholic option.

Storage and Reheating Tips

Storing leftovers

Keep in airtight containers in the fridge for up to four days. This dish reheats well if handled properly.

Reheating creamy pasta

Warm gently on the stove with a splash of broth or cream. Avoid high heat to maintain the creamy texture.

FAQs

Can I make this recipe ahead of time?

Yes, prepare the sauce and chicken in advance. Cook the pasta fresh and combine before serving.

What pasta is best for creamy Cajun chicken pasta?

Penne and fettuccine are ideal, but spaghetti works too.

How do I make it spicier?

Add more Cajun seasoning or red pepper flakes at the end.

Can I freeze this pasta?

It is best fresh, but you can freeze for up to two months. Add broth when reheating.

What can I use if I don't have Cajun seasoning?

Mix paprika, cayenne, garlic powder, onion powder, oregano, and thyme for a homemade blend.

Conclusion

One-Pot Creamy Cajun Chicken Pasta is a quick, satisfying, and flavorful dinner that combines smoky Cajun spices with creamy pasta in a single pot. It's versatile, customizable, and perfect for weeknights or entertaining guests.

Try different vegetables, swap proteins, or lighten the sauce to make it your own. Share it with family and explore more pasta recipes on [aaronrecipes](#) for delicious inspiration.