

# One-Pot Creamy Garlic Parmesan Chicken Pasta

One-Pot Creamy Garlic Parmesan Chicken Pasta is a comforting dish that blends tender chicken, creamy garlic-Parmesan sauce, and perfectly cooked pasta into one irresistible meal. Cooking everything in one skillet saves time, reduces cleanup, and allows the pasta to soak up every bit of flavor.

Whether you are looking for a simple weeknight dinner or a meal worthy of guests, this recipe delivers on all fronts. In this guide, you'll learn the step-by-step method, helpful cooking tips, substitutions, serving ideas, and answers to common questions.

## Garlic Parmesan Pasta – Why It's a Favorite

### Garlic and Parmesan, a timeless duo

Garlic and Parmesan are two ingredients that never fail to impress. Garlic delivers depth, aroma, and a savory bite, while Parmesan cheese brings nutty richness. Combined with heavy cream, they transform into a velvety sauce that clings to every twist of pasta.

### Why a one-pot method works

By cooking everything in one pot, you simplify the process while infusing maximum flavor. The pasta absorbs seasoned broth and cream, the chicken sears beautifully, and the sauce thickens naturally. Minimal cleanup makes this recipe even more appealing. For another easy skillet dinner, check out Garlic Butter Shrimp Pasta.

One-Pot Creamy Garlic Parmesan Chicken Pasta – Simple & Delicious

## One-Pot Creamy Garlic Parmesan Chicken Pasta

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### Description

One-Pot Creamy Garlic Parmesan Chicken Pasta combines tender chicken, al dente pasta, and a velvety garlic-Parmesan cream sauce in a single skillet.

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## Ingredients

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- ☐ 2 large chicken breasts, cubed
  - ☐ 1 lb fusilli pasta (or penne/rotini)
  - ☐ 3 tbsp unsalted butter, divided
  - ☐ 4–5 garlic cloves, minced
  - ☐ 1½ cups heavy cream
  - ☐ ½ cup chicken broth
  - ☐ 1 cup freshly grated Parmesan cheese
  - ☐ 1 tsp Italian seasoning, divided
  - ☐ ¼ tsp red pepper flakes (optional)
  - ☐ Salt and pepper, to taste
  - ☐ 2 tbsp fresh parsley, chopped
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## Instructions

1. Bring a large pot of salted water to a boil. Cook pasta until al dente. Reserve ½ cup pasta water and drain.
2. Season chicken with salt, pepper, and ½ tsp Italian seasoning.
3. Heat 1 tbsp butter in a skillet over medium-high heat. Sear chicken 3–4 minutes per side until golden and cooked through. Remove and set aside.
4. In the same skillet, melt remaining butter. Add garlic and red pepper flakes. Sauté until fragrant.
5. Deglaze with chicken broth, scraping browned bits.
6. Stir in heavy cream and remaining Italian seasoning. Simmer 2–3 minutes.

7. Lower heat, whisk in Parmesan gradually until smooth. Do not boil.
8. Return chicken and juices. Add pasta and toss to coat, loosening with pasta water as needed.
9. Adjust seasoning, garnish with parsley, and serve hot.

## Notes

Substitute chicken thighs for richer flavor.

Always grate Parmesan fresh to avoid grainy sauce.

Loosen thickened sauce with reserved pasta water.

Can be made ahead through the sauce step, then reheated and combined before serving.

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## Ingredients Breakdown

### Chicken and pasta choices

Boneless, skinless chicken breasts are lean, easy to cube, and cook quickly. For richer flavor, thighs make an excellent substitute. As for pasta, fusilli is great because its spirals hold sauce well, though penne or rotini are just as effective.

### The creamy sauce essentials

Heavy cream builds a luscious base, chicken broth adds depth, and freshly grated Parmesan ensures smooth texture. A touch of Italian seasoning adds herbal balance, while red pepper flakes provide optional heat. Always use freshly grated cheese, as pre-shredded varieties can make the sauce grainy.

## Step-by-Step Cooking Guide

### Step 1: Cook the pasta

Bring a large pot of salted water to a boil. Cook pasta until al dente, following package directions. Reserve ½ cup of pasta water before draining. Set pasta aside.

### Step 2: Prepare and cook the chicken

Pat chicken dry and season with salt, pepper, and half of the Italian seasoning. Heat one tablespoon of butter in a skillet over medium-high heat. Sear chicken pieces for 3–4 minutes per

side until golden and cooked through. Remove and set aside.

### **Step 3: Make the garlic Parmesan sauce**

In the same skillet, melt remaining butter over medium heat. Add minced garlic and red pepper flakes, sautéing for about 30 seconds until fragrant. Deglaze with chicken broth, scraping up browned bits for flavor. Stir in heavy cream and remaining Italian seasoning. Simmer gently, then reduce heat and whisk in Parmesan until smooth.

### **Step 4: Combine and serve**

Return the chicken and juices to the skillet. Add pasta and toss until coated, using reserved pasta water as needed for consistency. Adjust seasoning to taste. Garnish with parsley and extra Parmesan, then serve immediately.

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## **Expert Cooking Tips**

- Salt pasta water generously so the pasta itself carries flavor.
- Sear chicken on medium-high heat to achieve golden color without overcooking.
- Do not boil the sauce after adding Parmesan, as this can cause separation.
- Use pasta water in small amounts to adjust sauce thickness.
- Rest chicken briefly before slicing so juices stay inside.

## **Variations and Substitutions**

### **Protein alternatives**

Swap chicken for shrimp, salmon, or even Italian sausage for different flavor profiles.

### **Vegetable additions**

Add spinach, broccoli, mushrooms, or bell peppers to make the dish more balanced and colorful.

### **Healthier modifications**

Replace heavy cream with half-and-half, or use whole wheat pasta for added fiber. For another wholesome yet indulgent dinner, try Chicken Broccoli Alfredo Bake.

## **Serving Suggestions**

### **Perfect side dishes**

Pair this pasta with garlic bread, roasted vegetables, or a crisp salad. The fresh and crunchy textures balance the richness of the creamy sauce.

### **Beverage pairings**

A crisp white wine such as Pinot Grigio complements the garlic cream sauce beautifully. For non-alcoholic options, sparkling water with lemon or iced tea works well.

## Storage and Reheating

### Storing leftovers

Refrigerate in an airtight container for up to 3–4 days.

### Reheating properly

Warm on the stovetop over low heat with a splash of broth or cream to maintain creaminess. Avoid microwaving on high, which can dry out the chicken and separate the sauce.

## FAQs

### Can I make this recipe ahead of time?

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

### Can I use pre-grated Parmesan?

Freshly grated Parmesan is best. Pre-grated cheese can result in a grainy sauce.

### How do I thicken the sauce?

Simmer a bit longer, or add more Parmesan.

### Is this recipe spicy?

Only mildly, thanks to the red pepper flakes. Adjust to taste.

### Can I freeze this pasta?

It's best fresh, but you can freeze it for up to 2 months. Add broth when reheating to refresh the sauce.

## Conclusion

One-Pot Creamy Garlic Parmesan Chicken Pasta is a dish that offers comfort, flavor, and simplicity in every bite. With juicy chicken, velvety sauce, and perfectly coated pasta, it's a recipe that never fails to impress.

From busy weeknights to special occasions, this pasta proves that a restaurant-quality meal can be achieved at home. Customize it with vegetables or proteins, pair it with fresh sides, and enjoy a family favorite you'll make again and again.