

Rich Marry Me Chicken Pasta: Easy Viral Recipe

Prepare to fall in love with your new favorite dinner. This **Rich Marry Me Chicken Pasta** is the viral recipe that proves “easy” and “decadent” can absolutely exist in the same dish. It takes all the unforgettable flavors of the classic “Marry Me Chicken”—think savory chicken, a luscious cream sauce, and tangy sun-dried tomatoes—and transforms them into a simple, one-pan pasta meal. This recipe is designed to deliver a stunningly rich, restaurant-quality dinner with a process that any home cook can easily follow. It’s the perfect easy viral recipe for a weeknight upgrade or a special occasion.

Why You’ll Love This Easy Viral Recipe

Perfect for Impressing Guests

This **Rich Marry Me Chicken Pasta** is your secret weapon for dinner parties. It has an “wow” factor that looks and tastes incredibly sophisticated, yet it comes together quickly and easily. The beautiful, blush-colored sauce, the vibrant green from the basil, and the perfectly seared chicken create a stunning plate. Your guests will be convinced you spent hours laboring in the kitchen. It’s the ideal dish for hosting because it allows you to serve something truly impressive while minimizing your stress and time spent at the stove.

Sun-Dried Tomato Highlights

The heart and soul of this rich pasta dish is the sun-dried tomato. These aren’t just a garnish; they are the primary flavor-builder. Packed with a concentrated, sweet-and-tangy punch, they slice through the richness of the cream sauce, providing a perfect balance and a complex, savory depth that is utterly addictive. When you sauté them with garlic, they release their intense flavor into the oil, creating a base that infuses the entire sauce with that signature, unforgettable “Marry Me” taste. This key ingredient is what elevates the dish from a simple cream pasta to a viral sensation.

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- Author: [Aaron recipes](#)
- Total Time: [40 min](#)
- Yield: [4–6 servings 1x](#)

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Description

This Rich Marry Me Chicken Pasta is the easy viral recipe you've been waiting for. Tender chicken in a decadent, creamy sun-dried tomato sauce that is surprisingly simple to make.

Ingredients

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- ☐ 1 lb boneless, skinless chicken breasts, pounded to 1/2-inch thickness
 - ☐ Salt and black pepper
 - ☐ 1 tbsp oil from sun-dried tomato jar (or 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 dry white wine or chicken broth
 - ☐ 1 1/2 cups heavy cream
 - ☐ 1/2 cup freshly grated Parmesan cheese
 - ☐ 12 oz rigatoni or penne pasta
 - ☐ 1/4 cup fresh basil, thinly sliced
 - ☐ Cook Mode Prevent your screen from going dark
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Instructions

1. Cook pasta in a large pot of boiling, salted water until al dente. Reserve 1 cup of pasta water, then drain.
2. Season both sides of the chicken cutlets with salt and pepper.
3. Heat the tomato 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 and let rest.

4. Reduce heat to medium. Add garlic, chopped sun-dried tomatoes, and red pepper flakes. Cook for 1 minute until fragrant.
5. Pour in the white wine (or broth) to deglaze the pan, scraping up any browned bits. Let it bubble and reduce by about half.
6. Stir in the heavy cream and bring to a gentle simmer. Cook for 3-5 minutes, stirring occasionally, until the sauce thickens.
7. Remove the skillet from the heat. Stir in the grated Parmesan cheese until it's completely melted and the sauce is smooth.
8. Add the drained pasta to the skillet. Toss to coat the pasta in the sauce. If it's too thick, add a splash of the reserved pasta water.
9. Stir in the fresh basil. Slice the cooked chicken and serve it over the pasta. Garnish with more basil and Parmesan.

Notes

Pounding the chicken to an even thickness is key to ensuring it cooks quickly and evenly.

Using the oil from the sun-dried tomato jar adds an extra layer of flavor right from the start.

Let the chicken rest for a few minutes before slicing to keep it juicy.

- Prep Time: 15 min
- Cook Time: 25 min
- Category: Main Course, Dinner
- Method: Skillet
- Cuisine: Italian-American

Nutrition

- **Serving Size:** 1 serving
- **Calories:** 780 kcal
- **Sugar:** 4 g
- **Sodium:** 590 mg
- **Fat:** 45 g
- **Saturated Fat:** 25 g
- **Carbohydrates:** 48 g
- **Fiber:** 3 g
- **Protein:** 43 g
- **Cholesterol:** 165 mg

Did you make this recipe?

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Ingredient Highlights & Substitutions

Essential Ingredients

To create this **Rich Marry Me Chicken Pasta**, you'll need a few well-chosen ingredients. Boneless, skinless chicken breasts, pounded thin, ensure a quick and even sear. The sauce is built from heavy cream, chicken broth, and freshly grated Parmesan cheese. The all-important flavor trio consists of fresh garlic, oil-packed sun-dried tomatoes, and fresh basil. A pinch of red pepper flakes adds a gentle warmth. Finally, a robust pasta shape like penne or rigatoni is perfect for catching every drop of the luxurious sauce.

Smart Substitutions

This easy viral recipe is also wonderfully flexible. If you prefer, chicken thighs (boneless and skinless) can be used for a richer, more succulent bite. No heavy cream? Half-and-half will work, though the final sauce will be slightly less rich. For a cheese swap, Pecorino Romano can stand in for Parmesan, offering a saltier, sharper flavor. If you're out of fresh basil, you can stir in a tablespoon of pesto at the very end (off the heat) for a similar herbaceous note. And for a lighter bite, this sauce is also incredible with gnocchi.

Step-by-Step Instructions

Prep Phase

Your first step to success is prepping your ingredients. Pound your chicken breasts to an even 1/2-inch thickness or slice them into thin cutlets. Season them well on all sides. Mince your garlic and chop your sun-dried tomatoes. Have your broth, cream, and grated cheese measured and ready. Bring a large pot of salted water to a boil for your pasta. By organizing your components first, you can follow the cooking steps seamlessly, which is key to mastering this easy viral recipe in under 40 minutes.

Cooking Phase

While your pasta is cooking, heat the oil from the sun-dried tomato jar in a large skillet over medium-high heat. Add the seasoned chicken and sear for 4-5 minutes per side, until golden brown and cooked through. Remove the chicken to a plate. In the same skillet, add the minced garlic and chopped sun-dried tomatoes. Sauté for 1-2 minutes until fragrant. Add the chicken broth to deglaze, scraping up any delicious browned bits. Let the broth bubble and reduce by half.

Pro Tips for Perfect Results

Technique Secrets

The secret to the "rich" in this **Rich Marry Me Chicken Pasta** is in the sauce-building. First, using the oil from the sun-dried tomato jar to cook your chicken infuses the entire dish with that flavor

from the very beginning. Second, when you add the broth, let it reduce. This concentrates the flavor and makes the sauce more robust. Finally, add the Parmesan cheese *off the heat*. This is the most important technique. It allows the cheese to melt gently into the cream, creating a smooth, velvety sauce that will never be grainy or clumpy.

Common Mistakes to Avoid

A common mistake is rushing the sauce. If you add the cream and cheese to a boiling-hot pan, the dairy can curdle or “break,” resulting in an oily, separated mess. Keep the heat at a gentle simmer. Another pitfall is forgetting to reserve pasta water. Before draining your pasta, save a cup. This starchy liquid gold is the key to adjusting your sauce. If it gets too thick after you add the pasta, a splash of pasta water will loosen it to silky perfection.

Serving Ideas & Pairings

Presentation & Plating

This dish is a feast for the eyes. To serve, add your drained, al dente pasta directly to the skillet with the rich sauce. Toss to coat everything completely. You can either slice the seared chicken and toss it in as well, or you can ladle the pasta into bowls and place the sliced chicken on top, fanned out nicely. For the finishing touch, garnish with a generous amount of fresh, thinly sliced basil and a final dusting of grated Parmesan. The color contrast of the green basil against the blush sauce is stunning.

Pairing Suggestions

To balance the decadent, rich flavor of the pasta, simple and bright sides are the way to go. A crisp, leafy green salad with a sharp lemon or balsamic vinaigrette is a perfect companion. Steamed green beans, roasted asparagus, or sautéed spinach with a little garlic all work beautifully. And, of course, a warm, crusty baguette or some garlic bread is practically mandatory for soaking up every last bit of that irresistible, rich sauce from the bottom of the bowl.

Frequently Asked Questions

Question 1? What's the best pasta for this Rich Marry Me Chicken Pasta?

Answer: You want a pasta shape with plenty of surface area or nooks to capture the rich sauce. Rigatoni, penne, and fusilli are all excellent choices. A long, flat pasta like fettuccine or pappardelle would also be wonderful for coating in the cream sauce.

Question 2? Can I make this dish ahead of time?

Answer: Cream-based pasta dishes are always best served immediately, as the sauce can thicken and be absorbed by the pasta upon refrigeration. If you do have leftovers, reheat them gently on the stovetop over low heat, adding a splash of milk or chicken broth to loosen the sauce and bring it back to life.

Question 3? Is this recipe very spicy?

Answer: No, this easy viral recipe is not typically spicy. The small pinch of red pepper flakes is mostly for background warmth and to cut the richness. You can easily omit it for a completely mild dish or increase it if you prefer a spicier kick.

Conclusion

This **Rich Marry Me Chicken Pasta** is a culinary masterpiece that truly lives up to its viral hype. It's an easy recipe that delivers an incredibly rich and satisfying meal, proving that you don't need to be a professional chef to create five-star flavor in your own kitchen. The luxurious, tangy, and savory sauce comes together in minutes, wrapping the tender chicken and pasta in a decadent embrace. It's a perfect, impressive dish for any night of the week, guaranteed to earn you rave reviews from anyone lucky enough to get a bowl.

For another easy and comforting meal, check out this [Garlic Parmesan Chicken Pasta: Easy Comfort Meal](#).

Timing Breakdown

Step	Time
Prep Time	15 min
Cook Time	25 min
Total Time	40 min
<i>Servings</i>	<i>4 people</i>
