

Viral Marry Me Chicken Pasta: Easy Recipe

The famously viral **Marry Me Chicken Pasta** is the ultimate easy recipe for a dinner that feels truly special. This dish earned its romantic name from its reputation for being so irresistibly delicious that it just might elicit a proposal. It is the pasta equivalent of the classic “Marry Me Chicken,” blending tender, seared chicken and penne pasta in a luxuriously creamy sun-dried tomato and Parmesan sauce. This recipe is a show-stopper, yet it comes together in about 30 minutes, making it the perfect choice for a date night, a special occasion, or any weeknight when you deserve a little indulgence.

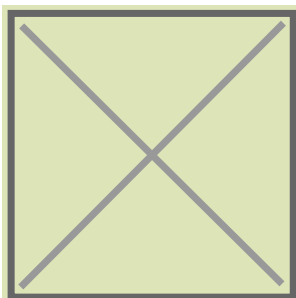
Why You’ll Love This Recipe

Perfect for Date Night

This **Marry Me Chicken Pasta** is practically designed for a romantic evening. It has all the hallmarks of a high-end restaurant dish: a rich, velvety sauce, savory chicken, and the sophisticated tang of sun-dried tomatoes. However, its secret is that it is incredibly quick and easy to prepare. You can impress your partner with a gourmet meal without spending hours in the kitchen, leaving more time to enjoy the evening. The sheer indulgence of the creamy, savory sauce makes it feel like a true celebration, even on a Tuesday.

Sun-Dried Tomato Highlights

The signature ingredient in any **Marry Me Chicken Pasta** is the sun-dried tomato. These gems provide a concentrated burst of sweet, tangy, and savory tomato flavor that cuts through the richness of the cream sauce. Unlike fresh tomatoes, they add a chewy texture and a sophisticated, complex flavor profile that is truly unique. This key ingredient elevates the dish from a simple chicken alfredo to something far more memorable. Paired with garlic, Parmesan, and a hint of spice, the sun-dried tomatoes create a sauce that is addictive and perfectly balanced.



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- Author: [Aaron recipes](#)

- Total Time: 30 min
- Yield: 4 1x

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Description

This viral Marry Me Chicken Pasta is a 30-minute, one-pan meal. It features tender chicken in a rich, creamy sun-dried tomato and Parmesan sauce.

Ingredients

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- ☐ 1 lb boneless, skinless chicken breasts, cut into 1-inch pieces
- ☐ 1 tsp salt (divided)
- ☐ 1/2 tsp black pepper (divided)
- ☐ 1 tbsp olive oil
- ☐ 10 oz penne pasta
- ☐ 2 tbsp unsalted butter
- ☐ 3 cloves garlic, minced
- ☐ 2 cups chicken broth
- ☐ 1 cup heavy cream
- ☐ 3/4 cup grated Parmesan cheese
- ☐ 1/2 cup sun-dried tomatoes (drained from oil), chopped
- ☐ 1 tsp Italian seasoning
- ☐ 1/2 tsp paprika
- ☐ 1/4 tsp red pepper flakes
- ☐ 1/4 cup fresh basil, chopped (for garnish)
- ☐ Cook Mode Prevent your screen from going dark

Instructions

1. Bring a large pot of salted water to a boil. Cook the penne pasta according to package directions until al dente. Drain, reserving 1/2 cup of pasta water.
2. Season the chicken pieces with 1/2 tsp salt and 1/4 tsp pepper.
3. Heat the olive oil in a large skillet over medium-high heat. Add the chicken and cook for 6-8 minutes, until browned and cooked through. Transfer the chicken to a plate and set aside.
4. In the same skillet, melt the butter over medium heat. Add the minced garlic and cook for 30 seconds until fragrant.
5. Whisk in the chicken broth, heavy cream, and grated Parmesan cheese.
6. Stir in the chopped sun-dried tomatoes, Italian seasoning, paprika, red pepper flakes, and the remaining salt and pepper.
7. Bring the sauce to a gentle simmer and let it cook for 4-5 minutes, stirring occasionally, until it begins to thicken.
8. Return the cooked chicken to the skillet. Add the cooked penne pasta.
9. Toss everything together to coat the chicken and pasta in the creamy sauce. If the sauce is too thick, add a splash of the reserved pasta water.
10. Serve immediately, garnished with fresh basil and extra Parmesan cheese.

Notes

Using sun-dried tomatoes packed in oil adds extra flavor. You can even use a teaspoon of the oil to sauté the garlic.

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

Nutrition

- **Calories:** 620
 - **Fat:** 28g
 - **Carbohydrates:** 55g
 - **Protein:** 40g
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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 create this **Marry Me Chicken Pasta**, you will need boneless, skinless chicken breasts, which we will season and sear to perfection. The pasta of choice is typically penne, as its shape is ideal for holding the thick sauce. For the sauce itself, the non-negotiable items are heavy cream, chicken broth, and high-quality grated Parmesan cheese. The star flavor comes from chopped sun-dried tomatoes, preferably those packed in oil. Finally, garlic, Italian seasoning, and a pinch of red pepper flakes build the aromatic foundation, while fresh basil adds a bright finish.

Smart Substitutions

This recipe is quite adaptable. While chicken breasts are standard, you can easily substitute boneless, skinless chicken thighs for a richer, more tender protein. If you do not have penne, any short pasta like rigatoni, fusilli, or farfalle will work just as well. For a lighter version, you can try using half-and-half, but be aware the sauce will not be quite as thick or rich. If you are out of sun-dried tomatoes, a tablespoon or two of tomato paste can provide a similar umami depth, though you will miss the signature texture.

Step-by-Step Instructions

Prep Phase

Your first step is to bring a large pot of salted water to a boil. While it heats, prepare your ingredients. Cut one pound of boneless, skinless chicken breasts into one-inch bite-sized pieces. Season them well with salt and pepper. Mince three cloves of garlic and chop about a half-cup of drained, oil-packed sun-dried tomatoes. Once the water is boiling, add ten ounces of penne pasta and cook according to the package directions until al dente. Before draining, make sure to reserve about a half-cup of the starchy pasta water.

Cooking Phase

While the pasta cooks, heat one tablespoon of olive oil in a large skillet over medium-high heat. Add the seasoned chicken pieces and cook for six to eight minutes, stirring occasionally, until the chicken is golden brown and cooked through. Transfer the cooked chicken to a plate and set it aside. In the same skillet, melt two tablespoons of butter over medium heat. Add the minced garlic and cook for about 30 seconds until fragrant. Whisk in two cups of chicken broth, one cup of heavy cream, and three-quarters of a cup of grated Parmesan cheese. Stir continuously until the cheese is melted and the sauce is smooth. Now, stir in the chopped sun-dried tomatoes, one teaspoon of Italian seasoning, half a teaspoon of paprika, and a quarter-teaspoon of red pepper flakes. Bring the sauce to a gentle simmer and let it cook for four to five minutes, allowing it to thicken. Finally,

return the cooked chicken to the skillet, along with the drained penne pasta. Toss everything together to coat in the glorious **Marry Me Chicken Pasta** sauce. If the sauce is too thick, add a splash of the reserved pasta water to thin it to your liking.

Pro Tips for Perfect Results

Technique Secrets

The key to a velvety **Marry Me Chicken Pasta** sauce is threefold. First, use freshly grated Parmesan cheese from a block. Pre-shredded cheeses are coated in anti-caking agents that prevent them from melting smoothly, often resulting in a grainy sauce. Second, use the oil from the sun-dried tomato jar instead of regular olive oil to cook the chicken. This infuses the entire dish with that tangy tomato flavor from the very first step. Third, do not skip reserving the pasta water. The starches in this “liquid gold” help the sauce cling to the pasta perfectly.

Common Mistakes to Avoid

A frequent error is boiling the sauce too rapidly. Dairy-based sauces, especially those with cheese, can break or curdle if subjected to high heat. Once you add the cream and Parmesan, keep the sauce at a gentle, low simmer. Another mistake is forgetting to season the chicken. Unseasoned chicken will taste bland against the intensely flavorful sauce. Seasoning the chicken with salt and pepper before searing is a crucial step for a well-balanced final dish.

Serving Ideas & Pairings

Presentation & Plating

This **Marry Me Chicken Pasta** is a beautiful dish that deserves a presentation to match. Serve it in warm, shallow bowls to show off the creamy, luscious sauce. The most important finishing touch is a generous garnish of fresh, chopped basil. The basil’s bright green color and fresh, aromatic flavor provide a stunning contrast to the rich, orange-hued cream sauce. A final sprinkle of grated Parmesan and a crack of black pepper right at the table makes it look and taste like a five-star meal.

Pairing Suggestions

Because the **Marry Me Chicken Pasta** is so rich and decadent, the ideal side dishes are light and acidic to cleanse the palate. A simple arugula salad tossed with lemon juice, olive oil, and shaved Parmesan is an elegant and easy choice. For a vegetable, consider roasted asparagus with lemon zest or simple steamed green beans. And, of course, no pasta night is complete without some warm, crusty bread or garlic knots to make sure not a single drop of that incredible sun-dried tomato cream sauce goes to waste. It’s a fantastic main course, just as delicious as other creamy options like [Simple Creamy Smothered Chicken and Rice](#).

Nutrition Facts (Approximate)

Nutrient	Amount	% Daily Value
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Calories	620	
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Nutrient Amount % Daily Value

Protein	40 g	80%
Carbs	55 g	20%
Fat	28 g	36%

Frequently Asked Questions

Can I add spinach to this recipe?

Yes, spinach is a very popular and delicious addition. Stir in two or three large handfuls of fresh baby spinach at the very end of the cooking process, right after you add the pasta. Toss everything together until the spinach is just wilted, which should only take about one minute.

Is this Marry Me Chicken Pasta spicy?

This recipe has a very mild warmth from the quarter-teaspoon of red pepper flakes. It is not traditionally “spicy,” but rather complex. If you are sensitive to heat, you can omit the red pepper flakes entirely. If you love spice, feel free to double the amount.

Can I make this dish ahead of time?

Like most cream-based pasta dishes, this Marry Me Chicken Pasta is best served immediately. As it sits, the pasta will continue to absorb the sauce, making it drier. If you must make it ahead, store the sauce and the pasta/chicken mixture separately and combine them as you reheat gently on the stove with an extra splash of chicken broth or cream.

Conclusion

The viral **Marry Me Chicken Pasta** is a culinary phenomenon for a very good reason: it is the perfect intersection of easy, fast, and unbelievably delicious. This easy recipe provides a pathway to a truly gourmet meal in the comfort of your own home, all in about 30 minutes. The luxurious, tangy, and savory sauce is a decadent treat that feels worthy of a special occasion, yet is simple enough for any weeknight. It is a dish that truly lives up to its legendary name and is guaranteed to become a new favorite.