

Viral Marry Me Pasta

It started as a chicken recipe, exploded on social media, and has evolved into one of the most requested pasta dishes of the year. The Viral Marry Me Pasta is famous for a reason. It features a sauce that hits every pleasure point on the palate: creamy, tangy, savory, and aromatic. The combination of sundried tomatoes and fresh basil creates a flavor profile that feels sophisticated and expensive, yet the entire dish comes together in one pot. Whether you are looking to impress a date or just treat yourself to something special, this pasta delivers the “wow” factor with minimal effort.

Why You'll Love This Recipe

Perfect for Date Night

The name says it all. This dish is rich and elegant enough to be served at a proposal dinner. The sauce has a beautiful pinkish-orange hue that looks stunning on the plate. It is a meal that says “I care about you,” without requiring you to spend the entire evening in the kitchen washing dishes. You can sip wine while the sauce simmers, making it the perfect choice for a romantic evening at home.

Flavor Balance Highlights

What makes this pasta “viral” worthy is the balance. Cream sauces can often be one-note and heavy. Here, the sundried tomatoes provide a chewy texture and a concentrated burst of acidity and sweetness that cuts right through the fat of the cream. The garlic adds the savory punch, while fresh basil adds a cooling, peppery finish. It is a symphony of flavors where no single ingredient overpowers the others; they all work in harmony.

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Viral Marry Me Pasta



Aaron recipes

The famous creamy sundried tomato pasta that's taken the internet by storm. Rich, tangy, and perfect for special occasions.

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Prep Time 10 minutes mins

Cook Time 15 minutes mins

Total Time 25 minutes mins

Course Dinner, Main Course

Cuisine Italian-American

Servings 4 servings
Calories 630 kcal

Equipment

- Large Skillet

Ingredients

- 1 lb pasta (fettuccine or penne)
- 1 tbsp oil (from tomato jar)
- 3 cloves garlic, minced
- 1/2 cup sundried tomatoes, chopped
- 1 cup heavy cream
- 1/2 cup chicken broth
- 1/2 cup parmesan cheese
- 1 tsp red pepper flakes
- 1/4 cup fresh basil

Instructions

1. Cook pasta in salted water. Drain and set aside.
2. Heat tomato oil in skillet. Sauté garlic and red pepper flakes. Add chopped tomatoes.
3. Add broth and cream. Simmer for 5 minutes. Stir in parmesan cheese.
4. Toss pasta in the sauce and garnish with fresh basil.

Notes

Add spinach for a nutritional boost.

Keyword Creamy Garlic Pasta, Sundried Tomato Pasta, Viral Marry Me Pasta

Ingredient Highlights & Substitutions

Essential Ingredients

Sundried tomatoes packed in oil are the cornerstone of this recipe. The oil in the jar is packed with flavor, so do not throw it away—we use it to sauté the garlic! Heavy cream creates the luxurious

texture, while chicken broth (or vegetable broth) lightens it slightly so it isn't too thick. Parmesan cheese adds the salty umami kick, and red pepper flakes provide a gentle background warmth that awakens the palate.

Smart Substitutions

If you want to add protein, this pasta is traditionally served with chicken, but shrimp or even scallops work wonderfully. You can add spinach at the end for some greens; the heat of the sauce will wilt it perfectly. If you don't have heavy cream, you can use a mix of milk and cream cheese to get a similar thickness, though the flavor will be slightly tangier. For a garlic lover's twist, serve with a side of [Juicy Garlic Butter Chicken](#).

Step-by-Step Instructions

Prep Phase

Slice the sundried tomatoes into thin strips. Mince your garlic. Grate the Parmesan cheese. If you are adding chicken, dice it and season it now. Get your pasta water on the stove. This is a quick-moving recipe, so having *mise en place* (ingredients ready) is helpful.

Cooking Phase

Cook the pasta to al dente. In a large skillet, heat a tablespoon of the oil from the sundried tomato jar. Sauté the garlic and red pepper flakes briefly. Add the chopped sundried tomatoes and cook for 1-2 minutes to release their flavor. Deglaze with broth, then add the cream. Bring to a simmer and let it reduce slightly. Stir in the Parmesan until melted. Toss the pasta into the sauce and finish with plenty of fresh basil.

Pro Tips for Perfect Results

Technique Secrets

Using the oil from the jar of tomatoes is a pro move. It is infused with tomato essence and herbs, adding an extra layer of flavor that plain olive oil lacks. Also, do not skip the simmering step for the cream. You need to let some water evaporate so the cream thickens naturally, coating the back of a spoon (nappe consistency) before you add the cheese.

Common Mistakes to Avoid

Avoid buying "dry" sundried tomatoes in a bag; they are too tough and chewy for this quick sauce. Stick to the oil-packed variety. Also, be careful with salt. The parmesan, broth, and tomatoes are all naturally salty. Taste the sauce before adding any extra salt.

Serving Ideas & Pairings

Presentation & Plating

This pasta looks beautiful with a color contrast. The red tomatoes and green basil against the creamy sauce are striking. Serve on white plates to make the colors pop. A final crack of black pepper adds a sophisticated touch.

Pairing Suggestions

A crisp, acidic white wine like Pinot Grigio cuts the richness perfectly. For a side, simple roasted asparagus or a light arugula salad with lemon vinaigrette works best. Avoid heavy sides like garlic bread, as the pasta is already quite rich.

Frequently Asked Questions

Can I make this ahead of time? Cream sauces are best eaten fresh. If you must make it ahead, reheat it gently on the stove with a splash of milk to loosen it up. Avoid the microwave if possible.

What pasta shape is best? Fettuccine, Linguine, or Penne are excellent choices. You want a shape that has enough surface area to hold the creamy sauce.

Can I use fresh tomatoes? Fresh tomatoes have a different flavor profile and water content. While delicious, they won't give you the specific "Marry Me" flavor which relies on the concentrated sweetness of sundried tomatoes.

Conclusion

Viral Marry Me Pasta is a modern classic that deserves a spot in your rotation. It is indulgent, flavorful, and surprisingly easy to execute. It transforms a regular weeknight into a special occasion, proving that great food is really just about great ingredients and simple techniques.
