

Long Livo

Cream Chicken Spaghetti Recipe

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb boneless, skinless chicken breast, cut into 1-inch pieces
- [ ] 12 oz spaghetti
- [ ] 2 tbsp butter
- [ ] 3 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] 1 cup chicken broth
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 tsp Italian seasoning
- [ ] Salt and black pepper to taste
- [ ] 2 tbsp fresh parsley, chopped

For Serving

- [ ] Extra Parmesan for grating
- [ ] Fresh parsley for garnish
- [ ] Red pepper flakes (optional)

Instructions

1. Bring a large pot of salted water to boil. Cook spaghetti according to package directions until al dente. Reserve 1/2 cup of pasta water before draining.
2. While pasta cooks, season chicken pieces with salt, pepper, and Italian seasoning. Heat butter in a large skillet over medium-high heat. Add chicken and cook until golden brown and cooked through, about 5-7 minutes. Remove chicken and set aside.
3. In the same skillet, add minced garlic and cook for 30 seconds until fragrant. Pour in chicken broth and scrape up any browned bits from the bottom of the pan.
4. Reduce heat to medium and stir in heavy cream. Let it simmer gently for 2-3 minutes until slightly thickened. Stir in grated Parmesan until melted and smooth.
5. Return chicken to the skillet along with the cooked spaghetti. Toss everything together, adding a splash of reserved pasta water if needed to loosen the sauce.
6. Stir in fresh parsley, taste and adjust seasoning. Serve immediately with extra Parmesan grated over the top.

Nutrition per serving

580 kcal	35 g	45 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Don't overcook the pasta - it will continue to soften in the hot sauce
- Use freshly grated Parmesan for the best melting quality
- The sauce will thicken as it cools, so serve right away
- Leftovers can be refrigerated for up to 3 days