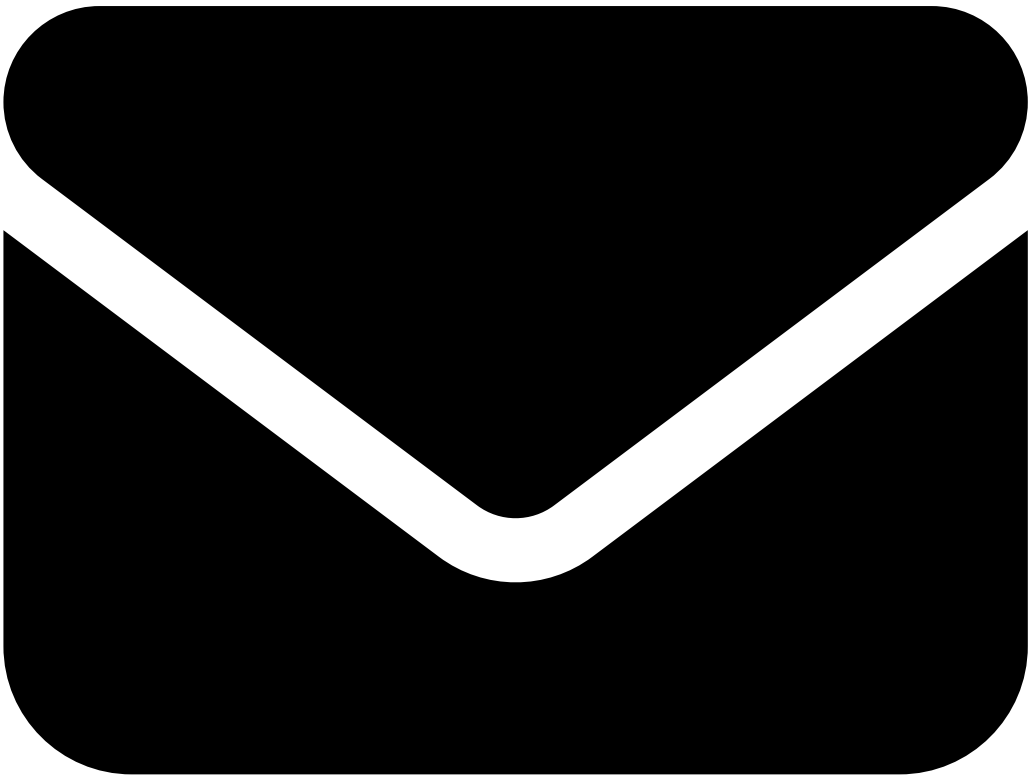
30 minute creamy chicken broccoli pasta

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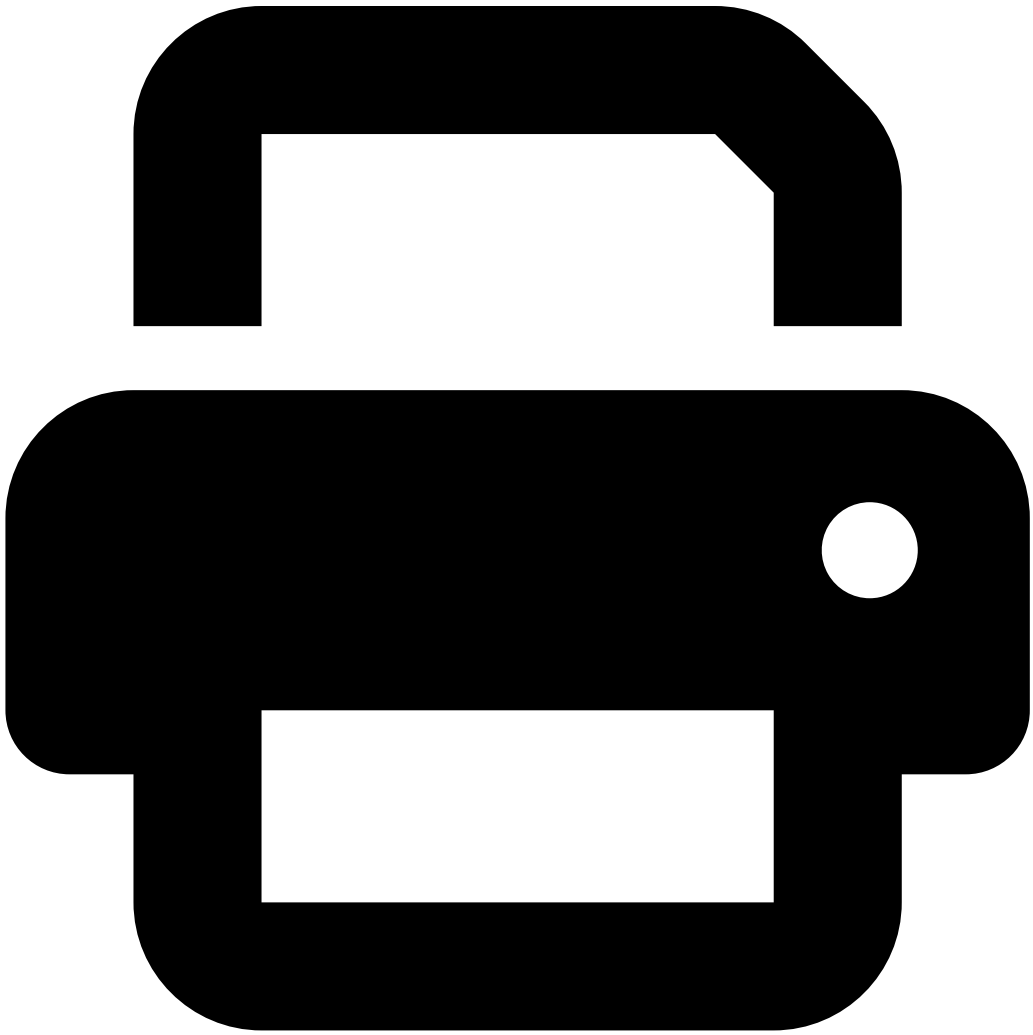
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SMS



This **30-minute creamy chicken broccoli pasta** is the perfect answer to busy weeknights. Made with tender chunks of sautéed chicken, crisp-tender broccoli, and your favorite short pasta, it’s all brought together in a rich and creamy Parmesan sauce that feels indulgent—but comes together fast with minimal fuss.

While it’s not a true one-pan meal (you’ll cook the pasta separately), the process is still super simple and straightforward. The result? A satisfying dinner that’s family-friendly, full of flavor, and totally crave-worthy.

From weeknight dinners to casual entertaining, this dish is a crowd-pleaser you’ll find yourself making again and again. Serve it with extra grated Parmesan and a sprinkle of chili flakes for a little kick!

Things to Know About This Recipe

Make it your own with these simple swaps and variations:. Pasta Flexibility

1. Use any short pasta you have on hand—penne, rotini, fusilli, or even shells. Gluten-free pasta or whole wheat options work just as well!
2. Not a broccoli fan? Swap in spinach, kale, peas, or asparagus. You can also mix in sun-dried tomatoes or roasted red peppers for extra flavor and color.
3. Chicken is classic, but this dish is just as delicious with:Cooked Italian sausage (mild or spicy) Shrimp or scallops. Leftover rotisserie chicken
4. Use half and half instead of heavy cream, or try unsweetened evaporated milk or a splash of milk with a bit of cream cheese for a lower-fat option.
5. A squeeze of fresh lemon juice or a bit of lemon zest at the end brightens the rich sauce. You can also stir in a spoonful of pesto or a dash of garlic powder, onion powder, or Italian seasoning for extra depth.
6. Parmesan is essential, but don’t stop there! Stir in shredded mozzarella, provolone, or fontina for added creaminess.
7. Red pepper flakes are optional but recommended if you like a little heat. A pinch of cayenne or a drizzle of chili oil can also give it a kick. If you love easy and delicious pasta recipes try my 30 minute broccolini and sausage pasta or my easy vegetarian orzo and asparagus and peas

Creamy Chicken and Broccoli Pasta



- 12 oz short pasta (penne, fusilli, or rotini)
- 2 Tbsp olive oil
- 2 Tbsp butter
- 1 lb boneless (skinless chicken breasts, cut into bite-sized pieces)
- 1 garlic clove (minced)
- ½ cup finely chopped onion
- 3 cups small broccoli florets
- Salt and pepper (to taste)
- 1 tsp red pepper flakes (optional)
- 1 cup chicken broth
- 1 cup reserved pasta water
- ¾ cup heavy cream (or half and half)
- ½ cup grated Parmesan cheese

1. Bring a large pot of salted water to a boil. Cook the pasta until al dente. Reserve 1 cup of the pasta water before draining. Set pasta aside.
2. In a large skillet, heat the olive oil and butter over medium heat. Add the chicken pieces and season with salt, pepper, and red pepper flakes if using. Cook for about 5–6 minutes, until the chicken is golden and cooked through. Transfer the chicken to a plate and keep warm.
3. In the same skillet (don’t clean it—those browned bits add flavor!), add a touch more oil if needed. Sauté the garlic and onion until soft and translucent.
4. Add the broccoli florets along with a splash of the reserved pasta water or chicken broth. Cover and steam-

sauté for 3–4 minutes, just until the broccoli is tender and bright green.

5. Pour in the chicken broth, reserved pasta water, and cream. Stir and bring to a gentle simmer. Add the Parmesan cheese and stir until the sauce is smooth and creamy.
6. Return the cooked chicken to the skillet along with the drained pasta. Toss everything together to coat. If the sauce is too thick, add a bit more reserved pasta water to loosen it.
7. Spoon into bowls and finish with extra Parmesan or a sprinkle of red pepper flakes, if desired. Serve hot .