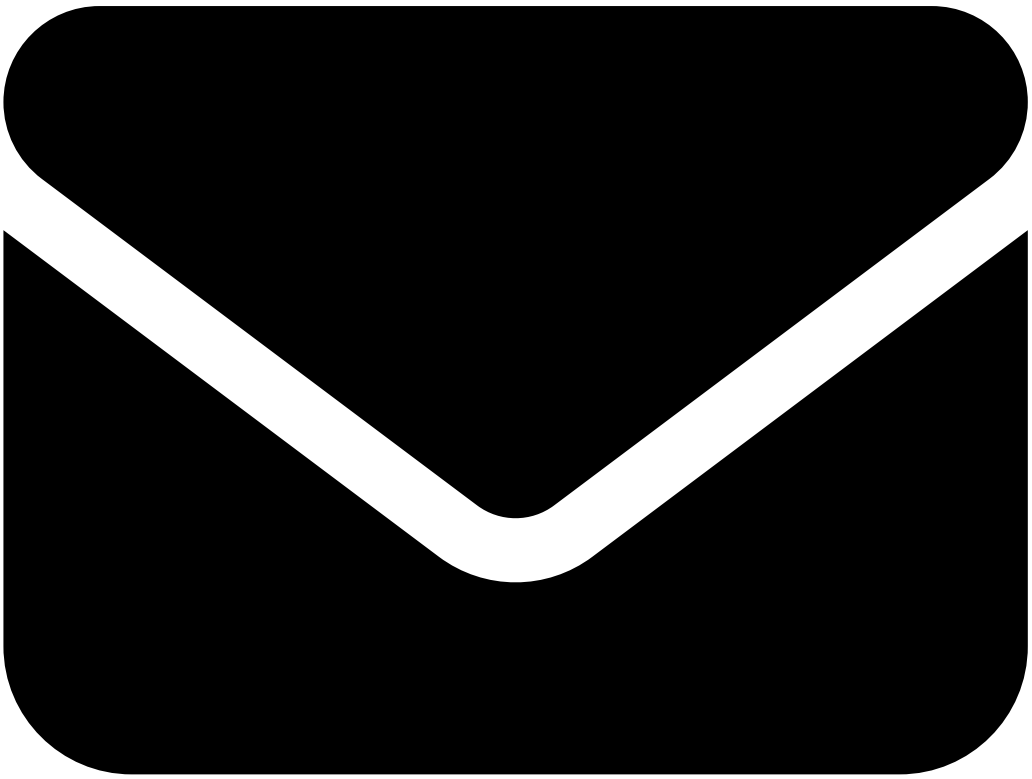
Creamy Chicken Broccoli And Spinach Pasta

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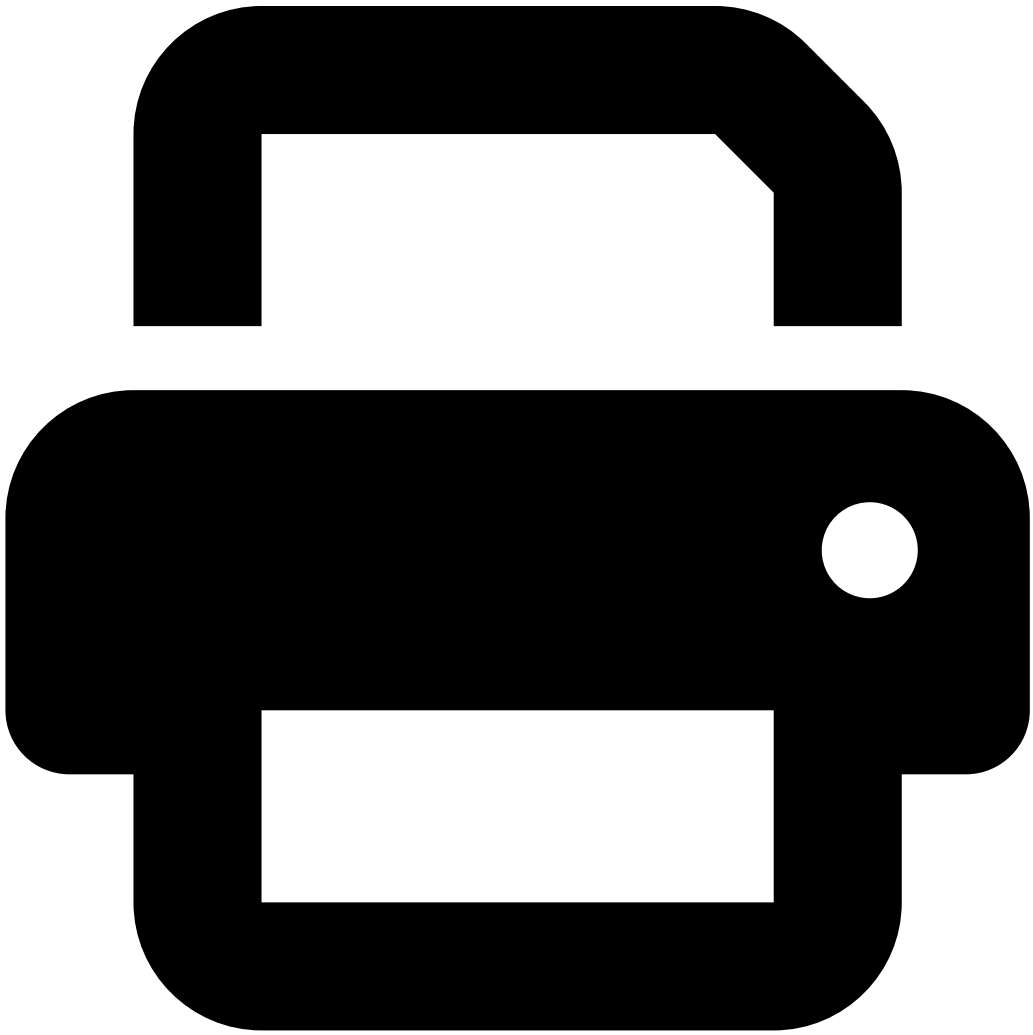
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Looking for a quick and easy pasta dinner? This Creamy Chicken Broccoli and Spinach Pasta is your answer!

Ready in under 30 minutes, it’s the perfect weeknight meal when you’re short on time but craving something comforting and full of Italian flavor. Tender chicken, crisp-tender broccoli, fresh spinach, and a touch of tomato come together in a light garlic cream sauce that tastes like it came from your favorite Italian restaurant. This easy pasta recipe is sure to become a go-to family favorite!

Things to know about this Creamy Chicken Broccoli and spinach Fettuccini

One: when your cooking the chicken for this Creamy Chicken Broccoli Fettuccini don’t overcook it, and be sure the saute

pan is big enough to brown the chicken . Okay I know that was two. Next, always under cook the pasta just a bit this allows for the reheat. And finally always save some pasta water, this step is easily missed. And let me tell you, the pasta water with all it's starch is a magical ingredient that thickens the sauce and adds more flavor. I always save more than I need just in case.

Get in the habit of always saving some of the pasta water if your boiling pasta!!

Oh one more thing be sure to deglaze the saute pan. That's another important step, there's a lot of flavor in the bottom of the saute pan be sure to scrape all those brown bits up using a large spoon

If you make this recipe please leave me a comment and please don't forget to tag me on Instagram. Hearing from you is my favorite part!!!

Creamy Chicken Broccoli and Spinach Pasta



Tender chicken, broccoli, spinach, and tomatoes are tossed with fettuccine in a creamy Parmesan sauce brightened with white wine for a satisfying pasta dinner.

- ½ lb fettuccini
- 2 boneless skinless chicken breast cut in medium chunks

- 1 lb broccoli flowerets
- 2 cups diced tomatoes
- 2 cups chopped spinach
- 2 tbsp each butter and extra virgin olive oil
- ½ cup chopped onion
- 1 tbsp minced garlic
- 2 tbsp chopped Italian parsley
- ½ cup white wine
- 1 cup reserved pasta water
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup parmesan
- Salt and pepper to taste

1. Cook the pasta according to package directions adding the broccoli the last 3 minutes. And reserve two cups of the pasta water before draining

2. Salt and pepper chicken chunks

3. In a large saute pan cook over medium high heat in the olive oil and butter cook the Chicken until golden brown and cooked through about 5-7 minutes remove and set aside

4. In the same pan add the tomatoes, garlic and onion cook until the tomatoes burst and the garlic and onion are tender and just beginning to brown

5. Deglaze the pan with white wine scraping up all the brown bits at the bottom simmer a few minutes

6. Add the chicken stock, cream, and reserved pasta water simmer 10 minutes or until sauce thickens. then add in the parmesan cheese

7. Return the chicken to the pan add the chopped spinach, broccoli and drained fettuccini cook for 1-2 minutes to

combine the flavors and the spinach is wilted

8. Sprinkle with Italian parsley and additional parmesan cheese.