

CREAMY CAJUN CHICKEN PASTA

Servings: 2; **Prep time:** 10 minutes; **Cook time:** 20 minutes; **Total time:** 30 minutes

INGREDIENTS:

- 1-2 chicken breasts (see notes), butterflied and cut into bite size pieces
- 2 tbsp cajun seasoning
- 8oz Linguine Pasta (or whatever you have on hand)
- 4 tbsp butter, divided
- 1 onion, sliced
- 2 tsp minced garlic
- 8 baby tomatoes, quartered
- 2 tsp minced garlic
- 1 cup heavy cream
- Zest of one lemon
- Generous handful of spinach
- Salt and pepper

INSTRUCTIONS:

1. Place the chicken and cajun seasoning in a plastic bag and shake to coat the chicken.
2. Heat skillet over medium-high heat. Add 2 tablespoons of butter and add chicken to the pan. Cook approx. 4 minutes per side.
3. In a pot of boiling salted water, cook pasta according to the box instructions; drain well. Reserve 1/2 cup of pasta water and set aside.
4. Remove chicken and place in a bowl. Reduce heat to medium. Add remaining butter and add the onions and garlic. Season with salt and pepper. Cook until onions are translucent.
5. Add the tomatoes, cook for about 3 minutes more.
6. Reduce heat to medium-low. Add the cream and lemon zest. Season with a little salt and pepper. Stir on occasion for about 5-10 minutes until sauce has thickened.
7. Add the chicken and spinach. Stir and cook until spinach is slightly wilted. Taste, and season with more salt and pepper if needed.
8. Add the pasta and stir to coat. If the sauce is too thick, add some reserved pasta water until you reach your desired consistency.
9. Serve immediately with some parmesan cheese. Enjoy!

NOTES:

- If chicken breast is already thin, go ahead and use two. No need to butterfly.