

# MARDI GRAS CHICKEN WITH BOWTIE PASTA

By: Simply Creative Chef Rob Scott

## Ingredients:

Yields 4 servings

8 ounces bowtie pasta  
2 tablespoons butter  
3 cloves garlic, minced  
1 pound boneless skinless chicken breasts (about 2 breasts) cut into bite-sized pieces  
2 teaspoons Cajun seasoning (to taste)  
4 ounces cream cheese, softened and cut into small pieces  
1 cup milk  
¾ cup freshly grated parmesan cheese  
½ teaspoon freshly ground black pepper  
½ teaspoon salt, more to taste if needed  
Fresh vegetables, if desired\*\*\*

## Directions:

- Cook pasta according to package instruction until al dente
- Drain, rinse with cold water and set aside
- In a large pot or skillet, melt the butter over medium heat
- Add the garlic and cook for 30 seconds
- Add the chicken pieces and any desired vegetables and season with Cajun seasoning
- Cook for 3-4 minutes, until chicken is nearly cooked through
- Add the milk and cream cheese, stirring well until the cream cheese has melted and sauce is smooth, 2-3 minutes
- Stir in pasta, parmesan cheese, salt, and pepper
- Serve immediately

\*\*\*Good vegetable additions would be spinach, broccoli, asparagus, zucchini, or mushrooms.  
For a more authentic Cajun dish, sliced bell peppers would be a good choice.