

Cajun Chicken Pasta w/ Peppers

Ingredients

1 lb.	Penne pasta
Meat:	
1/4 cup	Vegetable oil
1/4 cup	Chef Paul Cajun Seasoning – Meat Magic
2 T	Smoky paprika
2 lb.	Chicken breasts
Vegetables:	
1/2 cup	Vegetable oil
3	Assorted peppers, julienne (1 each green, red, yellow)
1 large	Yellow onion, julienne
1 T	Garlic, minced dry
1 T	Chef Paul Cajun Seasoning – Meat Magic
Sauce:	
2 T	Olive oil
1 cup	Onion, diced
2 T	Garlic, minced dry
2 tsp	Thyme leaves, dry
2 tsp	Oregano leaves, dry
2 T	Smoky paprika
2-3 T	Chef Paul Cajun Seasoning – Meat Magic
2 T	Chicken base
1/4 cup	Lime juice
6 cups	Whole milk
2 cups	Heavy cream
2 cups	Parmesan cheese, shredded
1/4 cup	Cornstarch
1/4 cup	Milk

Method

1. Cook pasta. Drain, rinse with cool water and set aside.
2. **Prepare meat:** Combine oil and seasonings. Toss chicken with seasoned oil. Allow to chill for flavors to blend. Can toss a day ahead if desired.
3. Grill chicken breasts. Allow to cool and cut into strips.
4. **Prepare sauce:** Sauté onion in oil until tender. Stir in garlic, seasonings, spices and chicken base. Continue to cook for 5 minutes.
5. Deglaze pan with lime juice. Cook for 5 minutes to reduce down.
6. Stir in milk and heavy cream and bring to a low boil.
7. Whisk together cornstarch and milk to make a slurry. Whisk slurry into sauce until thick.
8. Add parmesan cheese in small batches and continue stirring until completely melted and incorporated. Use an immersion blender while adding cheese to make it creamy.
9. Taste and add more Cajun seasoning to reach desired heat. Keep sauce warm.
10. **Prepare vegetables:** Sauté julienne strips of onion and peppers in oil until onion is tender. Stir in garlic and seasoning.
11. Stir in chicken strips. Once peppers are tender and chicken is hot, stir in pasta.
12. Pour sauce over and continue to stir until combined. Use enough sauce to make pasta creamy. Keep extra sauce warm to use as needed while serving.
13. Continue to cook pasta dish until hot.
14. Transfer creamy pasta dish to sprayed holding pans. Cover and hold in a low oven. Stir in additional sauce as needed to keep moist.
15. Makes 12 – 16 servings.