

# Ingredients



2 boneless, skinless chicken breasts  
OR  
1 lb of shrimp  
2 tablespoons olive oil, divided  
1 tablespoon cajun seasoning  
8 ounces penne pasta  
2 tablespoons unsalted butter  
3 cloves garlic, minced  
1 cup heavy cream, or more, to taste  
1/2 teaspoon lemon zest  
1/4 cup freshly grated Parmesan  
kosher salt and freshly ground black  
pepper, to taste  
2 Roma tomatoes, diced

## Cajun Chicken / Shrimp Pasta

MOM  
fueling  
HUNGRY  
BOYS

### Instructions

- In a gallon size Ziploc bag, add chicken, 1 tablespoon olive oil and cajun seasoning, shaking to coat thoroughly.
- Heat remaining 1 tablespoon olive oil in a grill pan over medium high heat. Add chicken and cook, flipping once, until cooked through, about 5-6 minutes on each side. Set aside and keep warm.
- In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
- Melt butter in a saucepan over medium heat. Add garlic, and cook, stirring frequently, until fragrant, about 1-2 minutes.
- Gradually whisk in heavy cream and lemon zest. Cook, whisking constantly, until incorporated, about 1-2 minutes. Stir in Parmesan until slightly thickened, about 1-2 minutes. If the mixture is too thick, add more heavy cream as needed; season with salt and pepper, to taste.
- Stir in pasta and gently toss to combine.
- Serve immediately with chicken, garnished with tomatoes and parsley, if desired.

