

Blackened Chicken Pasta

Yield: 5 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-blackened-chicken-recipe>

Ingredients:

- 2 tablespoons paprika
- 2 teaspoons black pepper
- 2 teaspoons dried oregano
- 2 teaspoons sugar
- 2 teaspoons kosher salt
- 1 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper or more to taste
- canola oil for cooking
- 2 chicken breasts about 1 1/2 pounds split in half crosswise
- 3 tablespoons butter melted
- 1 pound broccoli woody stems removed and broken into florets
- 1/2 pound angel hair pasta
- 1 cup heavy cream
- 1 cup milk 2% or whole
- 1 egg yolk
- 3 cloves garlic smashed
- 1 cup freshly grated Parmesan packed
- ground black pepper
- kosher salt
- bread crumbs Sourdough
- diced tomatoes for garnish, optional

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 190 milligrams
4. Fat: 43 grams
5. Fiber: 6 grams
6. Protein: 32 grams

7. SaturatedFat: 23 grams
 8. Sodium: 1680 milligrams
 9. Sugar: 9 grams
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