



Southern Garlic Butter Chicken Bowties with Parmesan Sauce



Ingredients:

- 12 oz Farfalle
- 1 lb. Boneless skinless chicken breast, diced
- 1 tsp Garlic powder
- ½ tsp Paprika or Cajun seasoning (optional, for Southern kick)
- 1 TBLS Olive oil
- 3 TBLS Butter
- 4 Cloves garlic, minced
- 1 Cup heavy cream
- ¾ Cup grated Parmesan cheese
- ½ tsp Italian seasoning
- Salt & black pepper to taste
- Chopped parsley or green onion, for garnish
- Optional: red pepper flakes or a dash of hot sauce

Method:

1. Boil bowtie pasta in salted water until al dente. Drain and set aside.
2. Season chicken with garlic powder, salt, pepper, and paprika (if using).
3. Heat olive oil and 1 TBLS butter in a large skillet over medium-high.
4. Sear chicken 6–7 minutes until golden and cooked through. Remove and set aside.
5. In the same skillet, melt the remaining 2 TBLS butter.
6. Sauté garlic for 1 minute until fragrant.
7. Add heavy cream and Italian seasoning. Simmer gently.
8. Stir in Parmesan until smooth and creamy.
9. Return chicken and pasta to the skillet.
10. Toss everything to coat in the creamy garlic butter-Parmesan sauce. Simmer 1–2 minutes.
11. Garnish with chopped parsley, green onion, or red pepper flakes. Serve hot!