



CAJUN CHICKEN WITH LINGUINE

Servings: 20

Ingredients

- 3 tablespoons Cajun seasoning
- 1 tablespoon dried basil
- 1 tablespoon lemon pepper
- 1 teaspoon ground black pepper
- 2 teaspoons salt
- 3 ounces canola oil
- 5 pounds boneless, skinless chicken breasts, cut into 1-inch dice
- 2 cups red bell pepper, julienned
- 2 cups yellow bell pepper, julienned
- 2 cups button mushrooms, sliced
- 1 quart heavy cream
- 1/2 cup parsley, chopped
- 1 cup scallions, sliced
- 1 1/2 cups Parmesan cheese, grated
- 6 tablespoons butter
- 5 pounds linguine pasta

Directions

To marinate the chicken, combine the Cajun seasoning, dried basil, lemon pepper, black pepper, salt and canola oil in a mixing bowl. Coat the chicken evenly. Marinate in the refrigerator for 12 hours.

Heat a skillet over high heat. Add the marinated chicken, sauté for 7 minutes, and then add the red bell pepper, yellow bell pepper and mushrooms. Cook until the internal temperature of the chicken reaches 165 F.

Add the heavy cream. Bring to a simmer, and then reduce the heat to medium.

Add 1/4 cup of the chopped parsley and 1/2 cup of the sliced scallions.

Let simmer for 5 minutes, and then add 1 cup of the Parmesan cheese and the butter. Mix to incorporate.

Prepare the linguine according to the package directions.

Add the pasta to the skillet where the chicken is simmering. Toss to combine.

Garnish the dish with the remaining parsley, scallions and Parmesan. Serve immediately.

Side dishes

- Garlic Bread
- Sautéed Kale

