

CopyCat TGI Fridays Spicy Cajun Pasta

Ingredients

10 ounces fettuccine pasta, cooked
1 cup spicy cajun pasta sauce, see below
1 tablespoon parmesan cheese
1 boneless skinless chicken breast, cooked and sliced
1 teaspoon parsley, Chopped

SPICY CAJUN PASTA SAUCE:

2 ounces olive oil
1 tablespoon garlic, chopped
1½ cup onion, large chunks
1½ cup green bell pepper, large chunks
1½ cup red bell pepper, large chunks
1½ teaspoon cayenne
1 cup chicken stock
1 cup v- 8 vegetable juice
cornstarch
salt and pepper

Directions

Heat oil in saute pan.

Add garlic and saute for 30 seconds.

Add onions, saute one minute, then add peppers and continue to saute another minute.

Deglaze with chicken stock, reducing by half.

Add V-8 juice and cayenne pepper.

Bring to a boil and simmer for 10 minutes.

Thicken with cornstarch to desired consistency.

Season with salt and pepper.

Add cooked pasta to sauce and heat through until hot.

Arrange on serving dish and top with chicken breast.

Sprinkle with Parmesan and parsley.