

foodie\_mette on Instagram: "Caramelized Onion Pasta with Chicken? Creamy sauce with sweet deeply caramelized onions and juicy chicken, soo good!!!<3  
Ingredients For the caramelized onions 4 yellow onions, thinly sliced 2 tbsp butter 2 tbsp olive oil Salt and black pepper 1 tsp brown sugar (optional) For the pasta Spaghetti 2 3 garlic cloves, minced ½ tsp chili flakes (optional) ½ cup / 120 ml pasta water 1 2 tsp Worcestershire sauce ½ cup / 50 g finely grated Parmesan 1 cup / 240 250 ml heavy cream For the chicken (optional) ¾ to 1 pound / 300 400 g chicken, I used tenders paprika smoked paprika Chili flakes to taste garlic powder Salt and freshly cracked black pepper Olive oil Zest of ½ lemon For the finish Fresh parsley Extra Parmesan Instructions: 1. Mix chicken with spices, garlic, salt, pepper, and olive oil. Let it marinate for at least 15-20 minutes. Pan-fry over medium-high heat until golden and cooked through. Remove from the pan, let it rest briefly, then slice into smaller pieces. 2. In the same pan, add butter and olive oil over medium-low heat. Add onions + a pinch of salt and cook slowly for 30 40 minutes, stirring often. Add sugar if using, and cook until deep golden and soft. 3. Boil spaghetti in well-salted water until just al dente. Reserve some pasta water before draining. 4. Add garlic to the caramelized onions, then stir in lemon juice and cream. Let it simmer until slightly thick, then mix in Parmesan and a splash of pasta water until silky and creamy. 5. Add pasta to the sauce along with extra Parmesan and Worcestershire sauce. Toss until silky and glossy. 6. Add the sliced chicken at the very end and gently toss to combine. Finish with parsley, black pepper and extra Parmesan. 7. Twirl into plates, top with extra Parmesan and parsley. Enjoy? #dinnerinspo #easyrecipe #dinnerideas #pasta"

6,565 likes, 128 comments - foodie\_mette on April 4, 2026: "Caramelized Onion Pasta with Chicken?"

Creamy sauce with sweet deeply caramelized onions and juicy chicken, soo good!!!<3  
Ingredients

For the caramelized onions

- 4 yellow onions, thinly sliced
- 2 tbsp butter
- 2 tbsp olive oil
- Salt and black pepper
- 1 tsp brown sugar (optional)

For the pasta

- Spaghetti
- 2 3 garlic cloves, minced
- ½ tsp chili flakes (optional)
- ½ cup / 120 ml pasta water
- 1 2 tsp Worcestershire sauce
- ½ cup / 50 g finely grated Parmesan
- 1 cup / 240 250 ml heavy cream

For the chicken (optional)

¾ to 1 pound / 300 400 g chicken, I used tenders  
paprika  
smoked paprika  
Chili flakes to taste  
garlic powder  
Salt and freshly cracked black pepper  
Olive oil  
Zest of ½ lemon  
For the finish  
Fresh parsley  
Extra Parmesan

#### Instructions:

1. Mix chicken with spices, garlic, salt, pepper, and olive oil. Let it marinate for at least 15-20 minutes. Pan-fry over medium-high heat until golden and cooked through. Remove from the pan, let it rest briefly, then slice into smaller pieces.
2. In the same pan, add butter and olive oil over medium-low heat. Add onions + a pinch of salt and cook slowly for 30 40 minutes, stirring often. Add sugar if using, and cook until deep golden and soft.
3. Boil spaghetti in well-salted water until just al dente. Reserve some pasta water before draining.
4. Add garlic to the caramelized onions, then stir in lemon juice and cream. Let it simmer until slightly thick, then mix in Parmesan and a splash of pasta water until silky and creamy.
5. Add pasta to the sauce along with extra Parmesan and Worcestershire sauce. Toss until silky and glossy.
6. Add the sliced chicken at the very end and gently toss to combine. Finish with parsley, black pepper and extra Parmesan.
7. Twirl into plates, top with extra Parmesan and parsley. Enjoy ?  
#dinnerinspo #easyrecipe #dinnerideas #pasta".

Portionen: Not specified | Vorbereitung: At least 15-20 M marinating plus 30-40 M caramelizing onions | Gesamtzeit: Approximately 1 H

Zutaten

- 4 yellow onions, thinly sliced
- 2 tbsp butter
- 2 tbsp olive oil
- Salt and black pepper
- 1 tsp brown sugar (optional)
- Spaghetti
- 2-3 garlic cloves, minced
- $\frac{1}{2}$  tsp chili flakes (optional)
- $\frac{1}{2}$  cup / 120 ml pasta water
- 1-2 tsp Worcestershire sauce
- $\frac{1}{2}$  cup / 50 g finely grated Parmesan
- 1 cup / 240-250 ml heavy cream
- $\frac{3}{4}$  to 1 pound / 300-400 g chicken tenders (optional)
- Paprika
- Smoked paprika
- Chili flakes to taste
- Garlic powder
- Olive oil
- Zest of  $\frac{1}{2}$  lemon
- Fresh parsley
- Extra Parmesan

#### Zubereitung

1. Mix chicken with spices (paprika, smoked paprika, chili flakes, garlic powder), salt, pepper, and olive oil. Let it marinate for at least 15-20 minutes.
2. Pan-fry marinated chicken over medium-high heat until golden and cooked through. Remove and let rest, then slice into smaller pieces.
3. In the same pan, add butter and olive oil over medium-low heat. Add onions and a pinch of salt; cook slowly for 30-40 minutes, stirring often.
4. If using, add brown sugar and cook until onions are deep golden and soft.
5. Boil spaghetti in well-salted water until just al dente. Reserve some pasta water before draining.
6. Add minced garlic to the caramelized onions, then stir in lemon juice and heavy cream. Let simmer until slightly thick.
7. Mix in grated Parmesan and a splash of reserved pasta water until sauce is silky and creamy.
8. Add pasta to the sauce along with extra Parmesan and Worcestershire sauce. Toss until silky and glossy.
9. Add sliced chicken at the very end and gently toss to combine.
10. Finish with fresh parsley, black pepper, and extra Parmesan.
11. Serve by twirling pasta into plates, topping with extra Parmesan and parsley.

### Tipps

- Marinate the chicken for at least 15-20 minutes to enhance flavor.
- Cook the onions slowly over medium-low heat to allow deep caramelization and sweetness.
- Reserve pasta water to adjust sauce consistency and help it coat the pasta evenly.
- Use freshly grated Parmesan for best flavor and texture.
- Adding Worcestershire sauce adds depth to the creamy sauce.
- Garnish with fresh parsley and extra Parmesan for a fresh finish.

### Quellen

- <https://www.instagram.com/reel/DWt9ixtEdv0/?igsh=MXhveWp0NDNleXNpMA==>