

Spiral noodles or any kind will do  
Chicken or shrimp  
Half and half  
Chicken stock  
Chilli powder  
Red pepper flakes  
Veggies of your choice  
Butter  
Salt and pepper  
Garlic  
Top with parsley

Boil noodles  
Cook protein  
Finely chop veggies

In medium sauce Pan combine all ingredients. About a cup of half and half. The more the creamier. 2 splashes of chick stock

Bring to boil, then reduce to low heat until cream starts to soak into noodles. Turn off heat and let sit on oven top for 7-10 minutes. Set up time.

Top with Parmesan and parsley