

Plate Dream

20-Minute Chicken Caesar Pasta Salad

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 chicken breasts, seasoned with salt and pepper
- [ ] 8 oz short pasta (penne or rotini)
- [ ] 3 cups romaine lettuce, torn
- [ ] ½ cup freshly grated Parmesan cheese
- [ ] ¼ cup olive oil
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] 1 garlic clove, minced
- [ ] 2 tsp anchovy paste (optional)
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Heat a skillet over medium-high heat, add a drizzle of olive oil, and sear the chicken breasts until golden and cooked through, about 5-6 minutes per side; let rest, then slice thinly.
2. Meanwhile, cook the pasta in salted water until al dente, drain, and rinse under cold water to stop cooking.
3. Whisk together olive oil, lemon juice, Dijon, minced garlic, anchovy paste, and Parmesan; season with salt and pepper to form a smooth Caesar dressing.
4. In a large bowl, toss the warm pasta with half of the dressing, then add the lettuce, sliced chicken, and the remaining dressing; gently fold until everything is lightly coated.
5. Serve immediately, sprinkling extra Parmesan on top; if you prefer a cooler salad, chill for 10 minutes before plating.

Nutrition per serving

420 kcal	30 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dressing feels thick, thin it with a splash of pasta cooking water.
- For extra flavor, marinate the chicken in a little lemon juice and garlic for 30 minutes before cooking.
- A handful of toasted pine nuts adds a subtle nuttiness.