

Plate Dream

Chicken Caesar Pasta Salad – Easy Dinner Recipe

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 boneless, skinless chicken breasts, diced
- [ ] 8 oz rotini pasta
- [ ] 4 cups romaine lettuce, torn
- [ ] ½ cup grated Parmesan cheese
- [ ] 1/3 cup Caesar dressing
- [ ] 1 tbsp olive oil
- [ ] 1 tsp lemon juice
- [ ] Freshly ground black pepper to taste

Instructions

1. Heat olive oil in a skillet over medium-high heat. Add chicken cubes, season with pepper, and sear until golden brown, about 5-7 minutes. Set aside to cool slightly.
2. Meanwhile, cook rotini in salted water until al dente, reserve ¼ cup cooking water, then drain and rinse under cold water.
3. In a large bowl, whisk Caesar dressing with lemon juice and a splash of the reserved pasta water until smooth.
4. Add warm pasta to the dressing, toss to coat, then fold in seared chicken, romaine lettuce, and Parmesan. Finish with a pinch of black pepper.
5. Serve immediately or let sit for 10 minutes for the flavors to meld. Enjoy!

Nutrition per serving

420 kcal	32 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dressing feels thick, thin it with a little extra pasta water.
- Taste before adding extra salt; the Parmesan already contributes saltiness.
- For a heartier version, add toasted pine nuts for crunch.