

Plate Dream

Chicken Pesto Pasta Salad – Easy 25-Minute Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups rotini pasta
- [ ] 1 lb chicken breast, grilled and sliced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/2 cup fresh basil leaves
- [ ] 1/4 cup pine nuts, toasted
- [ ] 1/3 cup grated Parmesan cheese
- [ ] 2 tbsp lemon juice
- [ ] 3 tbsp olive oil

Pesto Dressing

- [ ] 1 cup fresh basil leaves
- [ ] 1/4 cup pine nuts
- [ ] 1/3 cup Parmesan cheese
- [ ] 2 cloves garlic, minced
- [ ] 1/2 cup olive oil
- [ ] Salt and pepper to taste

Instructions

1. Cook the rotini in salted water until al dente, then drain and rinse under cold water to stop cooking.
2. While pasta cooks, grill the chicken breast seasoned lightly with salt; let it rest, then slice into bite-size strips.
3. Blend basil, pine nuts, Parmesan, garlic, and olive oil in a food processor to create a smooth pesto; season with salt and pepper.
4. In a large bowl, combine the cooled pasta, chicken, cherry tomatoes, and drizzle with the pesto; toss gently to coat.
5. Finish with a squeeze of lemon juice, a drizzle of extra-virgin olive oil, and a sprinkle of extra Parmesan; serve immediately or chill.

Nutrition per serving

420 kcal	32 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pesto seems thick, thin it with a little warm water or extra olive oil.
- For extra brightness, add a pinch of lemon zest just before serving.
- Make sure the pasta is completely cooled to avoid wilting the fresh basil.