

Plate Dream

High Protein Rotisserie Chicken Broccoli Pasta

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups rotisserie chicken, shredded
- [ ] 12 oz whole-wheat pasta (penne or fusilli)
- [ ] 2 cups broccoli florets
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 lemon, zest and juice
- [ ] 1/3 cup grated Parmesan cheese
- [ ] Salt and pepper to taste

Optional Add-Ons

- [ ] Pinch red pepper flakes for heat
- [ ] Fresh basil leaves, torn

Instructions

1. Bring a large pot of salted water to boil; cook pasta al dente according to package, then reserve 1 cup of cooking water and drain.
2. While pasta cooks, heat olive oil in a large skillet over medium-high heat. Add minced garlic; sauté until fragrant, about 30 seconds, then add broccoli and a splash of the reserved pasta water.
3. Stir in the shredded rotisserie chicken, letting it warm through. Toss in the cooked pasta, lemon zest, and juice; drizzle more pasta water if needed to loosen the sauce.
4. Remove from heat, fold in Parmesan cheese, and season with salt, pepper, and optional red pepper flakes. Serve immediately, garnished with fresh basil if desired.

Nutrition per serving

420 kcal	35 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce seems dry, add a bit more reserved pasta water.
- Taste and adjust seasoning before plating.
- For extra flavor, drizzle a little extra-virgin olive oil just before serving.