

Plate Dream

Layered Grilled Chicken Caprese Pasta Salad

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

Ingredients

Main Ingredients

- [ ] 2 boneless, skinless chicken breasts
- [ ] 8 oz short-shape pasta (rotini or penne)
- [ ] 2 cups cherry tomatoes, halved
- [ ] 8 oz fresh mozzarella pearls
- [ ] 1/2 cup fresh basil leaves, torn
- [ ] 1/4 cup extra-virgin olive oil
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp honey
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Season the chicken breasts with salt and pepper, then grill over medium-high heat for 5-6 minutes per side until golden and cooked through. Let rest, then slice into thin strips.
2. Cook the pasta in salted boiling water until al dente, about 9 minutes. Drain and rinse briefly under cold water to stop cooking; set aside.
3. Whisk together olive oil, lemon juice, honey, a pinch of salt, and pepper to create a light vinaigrette.
4. In a large bowl, combine the cooled pasta, cherry tomatoes, mozzarella pearls, and sliced chicken. Drizzle the vinaigrette over the mixture and toss gently.
5. Layer the salad in a serving dish, sprinkling torn basil between layers for aroma and color.

Nutrition per serving

420 kcal	30 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra aroma, toast the pine nuts lightly before adding.
- If you prefer a creamier dressing, whisk in a spoonful of Greek yogurt.
- Adjust the honey to balance the acidity of the lemon if needed.