



Long Livo

Easy Chicken Pesto Pasta Salad

15 min

Prep time

4

Servings

10 min

Cook time

Easy

Difficulty

25 min

Total time

Italian

Cuisine

Ingredients

Main Ingredients

- ☐ 2 cups short-cut pasta (fusilli or rotini)
- ☐ 2 chicken breasts, cubed
- ☐ 1 cup fresh basil leaves
- ☐ 1/3 cup extra-virgin olive oil
- ☐ 1/4 cup grated Parmesan cheese
- ☐ 2 tbsp pine nuts, toasted
- ☐ 1 clove garlic, minced
- ☐ 1 tbsp lemon juice
- ☐ Salt and pepper to taste
- ☐ 1 cup cherry tomatoes, halved

Instructions

- 1 Cook the pasta in salted water until al dente, then drain, reserving 1 cup of the cooking water.
- 2 While the pasta cooks, heat a skillet over medium-high heat, add a drizzle of olive oil, and sear the chicken cubes until golden and cooked through, about 5-6 minutes.
- 3 In a food processor, combine basil, pine nuts, garlic, Parmesan, lemon juice, and a pinch of salt; pulse, then slowly drizzle in olive oil until smooth.
- 4 Return the cooked pasta to the pot, add the pesto, a splash of reserved pasta water, and toss gently until every curl is coated.
- 5 Fold in the seared chicken and cherry tomatoes, taste, and adjust seasoning with extra salt, pepper, or lemon if desired. Serve warm or let cool and chill.

Nutrition per serving

420 kcal

Calories

28 g

Protein

38 g

Carbs

18 g

Fat

Tips & notes

- If the pesto looks thick, add a bit more pasta water for a silkier coat.
- To keep the basil bright, avoid over-processing; stop just before it turns dark.
- A handful of toasted pine nuts on top adds a pleasant crunch.