

Foodnity Recipes

Chicken Caesar Pasta Salad – Ready in 30 Minutes

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

Ingredients

Main Ingredients

- [ ] 2 boneless skinless chicken breasts, grilled and sliced
- [ ] 8 oz short-penne pasta
- [ ] 4 cups romaine lettuce, chopped
- [ ] 1/3 cup grated Parmesan cheese
- [ ] 1/4 cup olive oil
- [ ] 2 tbsp lemon juice

For the Dressing

- [ ] 1/2 cup mayonnaise
- [ ] 2 tbsp Dijon mustard
- [ ] 1 clove garlic, minced
- [ ] 2 tsp anchovy paste (optional)
- [ ] 1/4 cup grated Parmesan
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Preheat a grill or grill pan over medium-high heat. Season the chicken with salt, pepper, and a drizzle of olive oil, then grill 5-6 minutes per side until cooked through. Let rest, then slice thinly.
2. Meanwhile, bring a pot of salted water to a boil. Cook the pasta until al dente, about 9 minutes. Drain, reserving 1/2 cup pasta water, and set aside.
3. In a large bowl, whisk together mayonnaise, Dijon, garlic, anchovy paste, lemon juice, and 1/4 cup Parmesan. Add a splash of reserved pasta water if the dressing feels thick.
4. Toss the cooked pasta, chopped romaine, and sliced chicken into the dressing. Drizzle with olive oil, season with salt and pepper, and toss gently to coat.
5. Serve immediately, garnished with extra Parmesan and a twist of lemon. For extra inspiration, check out this Greek Pasta Salad for a Mediterranean spin.

Nutrition per serving

420 kcal	28 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter dressing, substitute half the mayo with Greek yogurt.
- Add chopped sun-dried tomatoes for a pop of sweetness.
- For extra crunch, sprinkle toasted pine nuts just before serving.