

Helergon Kitchen

Chicken Caesar Pasta Salad – 20-Minute Quick Recipe

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 boneless skinless chicken breasts, grilled and sliced
- [ ] 8 oz rotini pasta
- [ ] 4 cups romaine lettuce, torn
- [ ] 1/3 cup grated Parmesan cheese
- [ ] 1/2 cup mayonnaise
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] 1 clove garlic, minced
- [ ] 2 tbsp olive oil
- [ ] Salt and freshly ground black pepper to taste

For the Dressing

- [ ] 1/4 cup mayonnaise
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] 1 small garlic clove, minced
- [ ] 2 tbsp grated Parmesan
- [ ] 1 tsp Worcestershire sauce
- [ ] Salt and pepper

Instructions

1. Season chicken breasts with salt and pepper, then grill over medium-high heat until cooked through, about 5-6 minutes per side. Let rest, then slice into bite-size strips.
2. Meanwhile, cook the rotini in boiling salted water until al dente, about 9 minutes. Drain and rinse under cold water to stop cooking.
3. In a large bowl, whisk together mayonnaise, lemon juice, Dijon, minced garlic, Worcestershire sauce, and a pinch of salt and pepper to create a smooth dressing.
4. Toss the cooled pasta with the dressing until each piece is lightly coated. Gently fold in the torn romaine, sliced chicken, and grated Parmesan. Drizzle olive oil, give one last soft toss, and serve.

Nutrition per serving

420 kcal	26 g	35 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use freshly grated Parmesan for the best flavor.
- If you prefer a lighter dressing, replace half of the mayo with Greek yogurt.
- Add capers or anchovy paste for extra depth, but keep the balance gentle.