

Helergon Kitchen

Mediterranean Chicken Pasta Salad

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz whole-wheat rotini
- [ ] 2 chicken breasts, grilled and sliced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/2 cup cucumber, diced
- [ ] 1/3 cup Kalamata olives, pitted and sliced
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 1/4 cup fresh basil leaves, torn
- [ ] 2 tbsp fresh oregano leaves, chopped
- [ ] 1/4 cup feta cheese, crumbled (optional)

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 1 tsp honey
- [ ] 1 small garlic clove, minced
- [ ] Salt and pepper to taste

Instructions

1. Cook the rotini in salted water until al dente, then drain and rinse under cold water to stop cooking.
2. While the pasta cooks, grill the chicken breasts seasoned with salt and pepper; let rest, then slice thinly.
3. In a large bowl, whisk together olive oil, lemon juice, honey, minced garlic, salt, and pepper; let the dressing sit for a minute.
4. Add the cooled pasta, chicken, tomatoes, cucumber, olives, red onion, basil, and oregano to the bowl; toss gently with the dressing.
5. Taste and adjust seasoning; sprinkle feta on top if using, then serve at room temperature or lightly chilled.

Nutrition per serving

420 kcal	28 g	45 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a creamier texture, whisk a tablespoon of Greek yogurt into the dressing.
- For extra crunch, add toasted pine nuts just before serving.
- The salad can be made a day ahead; keep the dressing separate to maintain freshness.