

Zucchini Bread Recipes

Layered Grilled Chicken Caprese Pasta Salad

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

Ingredients

Main Ingredients

- [ ] 2 boneless, skinless chicken breasts, pounded to even thickness
- [ ] 200g rotini pasta
- [ ] 2 large ripe tomatoes, sliced
- [ ] 150g fresh mozzarella, torn
- [ ] 1 cup fresh basil leaves, loosely packed
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp balsamic glaze

For the Dressing

- [ ] 3 tbsp olive oil
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Season the chicken with salt, pepper, and a drizzle of olive oil. Preheat the grill to medium-high heat and grill the chicken 5-6 minutes per side until you see gentle char lines. Let it rest, then slice thinly.



2. While the chicken grills, bring a large pot of salted water to a boil. Cook the rotini al dente, about 9 minutes, then drain and rinse under cold water to stop cooking.



3. In a small bowl whisk together the dressing ingredients: olive oil, lemon juice, honey, salt, and pepper. Toss the cooled pasta with the dressing until evenly coated.



4. In a shallow serving dish, layer half the pasta, then a layer of sliced tomatoes, grilled chicken strips, mozzarella pieces, and fresh basil. Repeat the layers, finish with a drizzle of balsamic glaze, and serve.



5 Enjoy the salad at room temperature, or chill for 10 minutes for a cooler bite.



Nutrition per serving

410 kcal	28 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra smoky flavor, add a splash of smoked paprika to the chicken rub.
- For a heartier version, toss in a handful of toasted pine nuts.
- The salad can be assembled ahead; add basil just before serving to keep it vibrant.