

Choco Fever Dream

Healthy Chicken Pasta Salad with Avocado, Tomato & Basil

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 pasta
- [ ] 2 cups cooked chicken breast, shredded
- [ ] 1 ripe avocado, diced
- [ ] 1 cup cherry tomato halves
- [ ] ¼ cup fresh basil leaves, torn
- [ ] 2 tbsp olive oil
- [ ] 2 tbsp lemon juice
- [ ] ½ tsp sea salt
- [ ] ¼ tsp black pepper

For the Dressing

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] 1 garlic clove, minced
- [ ] Pinch of sea salt

Instructions

1. Cook the pasta in salted water until al dente, then rinse under cold water and set aside.
2. While the pasta cools, grill or poach the chicken breast, season lightly, and shred into bite-size pieces.
3. In a small bowl whisk together olive oil, lemon juice, Dijon mustard, minced garlic, and a pinch of salt to create the dressing.
4. Combine pasta, chicken, cherry tomatoes, and avocado in a large bowl; drizzle with the dressing and toss gently.
5. Finish with torn basil, a sprinkle of black pepper, and an extra drizzle of olive oil. Serve immediately or chill for 10 minutes.

Nutrition per serving

420 kcal	30 g	45 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the avocado darkens, add a bit more lemon juice to preserve its color.
- For a smoky note, toss the chicken with a pinch of smoked paprika before cooking.
- Feel free to swap the rotini for bow-tie or penne; any shape that holds dressing works well.