

Choco Fever Dream

High Protein Rotisserie Chicken Broccoli Pasta

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

Ingredients

Main Ingredients

- [ ] 2 cups cooked rotisserie chicken, shredded
- [ ] 8 oz whole-wheat pasta (such as penne or fusilli)
- [ ] 2 cups broccoli florets
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp lemon zest
- [ ] ¼ cup grated Parmesan cheese
- [ ] Salt and freshly ground black pepper to taste

Optional Add-ins

- [ ] ¼ tsp crushed red pepper flakes for a hint of heat
- [ ] Fresh parsley, chopped for garnish

Instructions

1. Bring a large pot of salted water to a boil; add pasta and cook until al dente, about 9 minutes. Reserve ½ cup of pasta water, then drain.
2. While the pasta cooks, heat olive oil in a large skillet over medium heat. Add minced garlic and sauté until fragrant, about 1 minute—watch closely so it doesn't brown.
3. Add broccoli florets to the skillet, tossing for 2-3 minutes until just tender. Stir in the shredded chicken and heat through.
4. Combine the drained pasta with the skillet mixture; pour in reserved pasta water a little at a time, tossing to coat. Sprinkle lemon zest, Parmesan, and season with salt, pepper, and optional red pepper flakes.
5. Serve immediately, garnished with fresh parsley if desired.

Nutrition per serving

420 kcal	32 g	48 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce seems dry, add more reserved pasta water—just a splash at a time.
- For extra flavor, toss the chicken skin pieces with a pinch of smoked paprika before adding.
- A drizzle of high-quality extra-virgin olive oil at the end brightens the dish.