

Treasure Barrel

Layered Grilled Chicken Caprese Pasta Salad

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

Ingredients

Main Ingredients

- [ ] 2 boneless, skinless chicken breasts (about 1 lb), sliced into strips
- [ ] 8 oz short-shape pasta (fusilli, rotini, or penne)
- [ ] 1 pint cherry tomatoes, halved
- [ ] 8 oz fresh mozzarella pearls or cubed mozzarella
- [ ] 1/4 cup fresh basil leaves, torn
- [ ] 3 tbsp extra-virgin olive oil
- [ ] 1 tbsp balsamic glaze (optional)
- [ ] Salt and freshly ground black pepper to taste

Marinade & Dressing

- [ ] 2 tbsp olive oil
- [ ] 1 clove garlic, minced
- [ ] 1 tsp dried Italian herbs
- [ ] Juice of 1/2 lemon

Instructions

1. In a shallow bowl, whisk olive oil, minced garlic, dried herbs, lemon juice, salt, and pepper. Add the chicken strips, toss to coat, and let sit for 10 minutes.
2. While the chicken marinates, bring a large pot of salted water to a boil. Cook the pasta until al dente, drain, and rinse briefly with cool water.
3. Preheat a grill or grill pan over medium-high heat. Grill the chicken strips for 3-4 minutes per side, until nicely charred and cooked through. Remove and let rest 5 minutes, then slice into bite-size pieces.
4. In a large serving bowl, layer the cooked pasta, grilled chicken, halved tomatoes, mozzarella, and torn basil. Drizzle with the remaining 3 tbsp olive oil and, if using, a light swirl of balsamic glaze. Season with a pinch more salt and pepper, then gently toss.
5. Serve at room temperature or slightly chilled. The salad pairs beautifully with a crisp white wine or sparkling water.

Nutrition per serving

420 kcal	28 g	38 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer flavor, marinate the chicken with a splash of red wine vinegar.
- For a crunchier texture, toss in toasted pine nuts just before serving.
- Allow the assembled salad to rest 15 minutes so the olive oil melds with the tomatoes.