

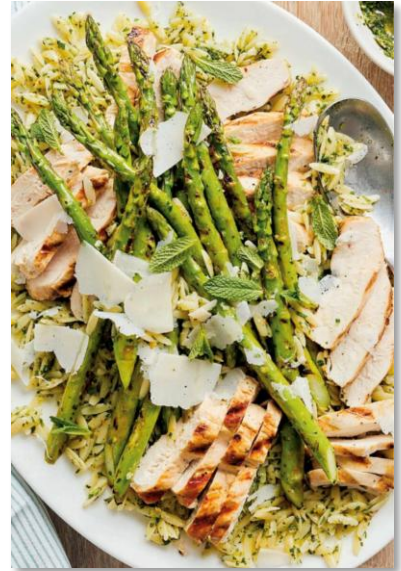
Chicken Pesto Orzo Salad

チキンペストオルゾサラダ

Serves: 4 (2 dinner + 2 leftovers)

Ingredients

- 180 g orzo (オルゾ)
- 300 g cooked chicken breast or thighs (鶏肉), sliced
- 250 g asparagus (アスパラ)
- 60 g shelled edamame (枝豆)
- Zest and juice of 1 lemon
- 2 garlic cloves (にんにく)
- 20 g walnuts (くるみ), lightly toasted
- 10 g almonds (アーモンド), lightly toasted
- 20 g Parmesan cheese (パルメザンチーズ)
- 15 g basil leaves (バジル)
- 10 g flat-leaf parsley (イタリアンパセリ)
- 8–10 mint leaves (ミント)
- 45 ml olive oil total
- ¼ tsp salt + pinch MSG blend
- Black pepper



Instructions

1. Toast **walnuts** and **almonds** lightly.
2. Blend **garlic, nuts, basil, parsley, mint, Parmesan, olive oil, lemon zest,** and **lemon juice** into pesto.
3. Cook **orzo** until al dente.
4. Add **edamame** during final 2 minutes.
5. Drain well.
6. Toss **asparagus** lightly with **oil** and **seasonings**.
7. **Air fry asparagus** at **190°C** for **5–6 minutes**.
8. Slice cooked chicken.
9. Toss warm orzo with pesto.
10. Add asparagus and chicken.
11. Adjust lemon juice and seasoning.
12. Finish with remaining **mint** and extra **Parmesan** if desired.

Notes

- This works best warm or at cool room temperature.
- Mint brightens the dish beautifully.
- Walnuts improve omega-3 content.
- Refresh leftovers with lemon juice and olive oil.

Nutrition

Per serving: Kcal: 590 | Protein: 40 g | Fat: 24 g | Sat Fat: 4 g | Carbs: 49 g |
Sugars: 3 g | Fiber: 6 g | Sodium: 520 mg | Omega-3: 1.0 g