

Chicken Pesto Pasta with Asparagus チキンとアスパラのペストパスタ

Serves: 4 | Style: Quick Weeknight Pasta

Ingredients

Pasta & Main Ingredients:

- 160 g penne or other short pasta (ペンネ等)
- 250–300 g cooked chicken breast (鶏むね肉)
- 250 g asparagus (アスパラ), cut into 5 cm pieces
- 120 g basil pesto (バジルペスト)
- 60 g shelled edamame (枝豆)

Finishing & Flavor:

- 20 g Parmesan cheese (パルメザンチーズ), grated
- 15 g walnuts (くるみ), chopped
- 1–2 tsp lemon juice
- Black pepper
- Salt only if needed after tasting
- Small basil leaves for garnish (optional)

Pasta Water:

- Reserve approximately 120 ml cooking water



Instructions

1. Bring large pot of water to boil.
2. Cook **pasta** until almost al dente.
3. During **final 2 minutes**, add **asparagus**.
4. During **final 1 minute**, add **edamame**.
5. Reserve approximately **120 ml pasta water**.
6. Drain pasta and vegetables.
7. Return mixture to pot over **low heat**.
8. Add cooked **chicken** and **pesto**. Stir gently to coat.
9. Add reserved **pasta water** gradually. Use enough to loosen sauce. Pesto should lightly coat pasta rather than become soupy.
10. Stir in **lemon juice** and **black pepper**.
11. Taste before adding any salt. (*Pesto and Parmesan already contain sodium.*)
12. Transfer to serving bowls.
13. Top with **Parmesan**, **walnuts**, and optional **basil**.

Notes

- Lemon juice brightens the pesto and prevents the dish from tasting heavy.
- Walnuts pair naturally with basil pesto and improve texture and omega-3 content.
- Edamame increases protein and fiber while keeping the dish very Japanese-friendly.
- Short pasta works better than spaghetti because it holds pesto more evenly.
- Excellent leftover pasta for next-day lunch.

Nutrition

Per serving: Kcal: 530 | Protein: 37 g | Fat: 23 g | Sat Fat: 5 g | Carbs: 43 g |
Sugars: 3 g | Fiber: 5 g | Sodium: 620 mg | Omega-3: 0.6 g

Total dish: Kcal: 2120 | Protein: 148 g | Fat: 92 g | Sat Fat: 20 g | Carbs: 172 g |
Sugars: 12 g | Fiber: 20 g | Sodium: 2480 mg | Omega-3: 2.4 g