

Cold Pasta With Spicy Chicken: Easy and gluten free recipe



- DIFFICULTY: Easy
- PREPARATION TIME: 10 min
- COOKING TIME: 15 min
- PORTIONS: 2 Portions

Introduction:

Cold pasta with spicy chicken is the classic **cold dish** to eat on hot days. Yes, **because despite everything you must never give up carbohydrates. They are an essential element for our body!**

Today I give you a **recipe** that can be prepared in a **few minutes**, a delicious cold pasta with a pungent taste. **Cold pasta with spicy chicken!**

Fast, tasty, ideal to prepare in advance and to take to the beach.

The **secret** to having a **“gluten-free” pasta** that does not become **mushy** when left to rest? **Cook it 3-4 minutes less** than the cooking indicated on the box.

Once the pasta is cooked, you can season it as you like. In **this case I propose a simple but delicious dressing.**

My **cold pasta** is made with **chicken fillets, browned in coconut oil, chilli** (if you don't like it, you can omit it), **greek yogurt, fresh basil and cherry tomatoes.**

Light, colorful and tasty!

The convenience of cold pasta and that you can prepare it in the morning, serve it in the evening or even the day after.

Here's what you need to prepare **Cold pasta with spicy chicken!**

[Ingredients:](#)

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Ingredients:

150 g of Brown Rice pasta

100 g of Chicken fillets

4 Cherry Tomatoes

1 tsp of Coconut Oil

1 sp of lactose free Greek yogurt

Q.b Salt

Q.b Fresh chilli

Q.b Fresh basil

Q.b Extra virgin olive oil

What do you need:

Pot

Chopping board

Knife

Bowl

Tips:

- Cold pasta with spicy chicken can be kept in the fridge for 2 days, in an airtight container.
- You can replace yogurt with another type of lactose-free fresh cheese.
- If you want to add an extra touch to your dish, I recommend adding roasted cashews.

Method:

Cook the pasta in plenty of water as indicated.

Meanwhile, brown the chicken fillets in coconut oil, along with the chilli. Cut the cherry tomatoes and set them aside.

When the pasta is cooked, drain and transfer to a bowl, add the browned chicken, the yogurt, a drizzle of oil, the chopped tomatoes and the basil.

Let it rest for 10-15 minutes in the fridge and then serve your cold pasta with spicy chicken!