

# Greek Pasta Salad with Pastured Chicken: A Fresh, Flavourful Meal

Looking for a refreshing, easy-to-make meal that packs a punch of flavour and nutrition? Our Greek Pasta Salad with pastured chicken brings Mediterranean flair to your table with wholesome ingredients and the rich taste of pastured chicken. This dish is perfect for meal prepping, offering 6 generous portions that can be enjoyed for lunch or dinner.

## Ingredients

- Cooked pasta, salted (your choice of type)
- Pulled pastured chicken
- 1 bell pepper, chopped
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- $\frac{1}{2}$  cup olives, sliced
- $\frac{1}{2}$  cup feta cheese, crumbled
- Greek dressing, to taste
- Salt and pepper, to taste



## Instructions:

1. **Prepare the Pasta and Vegetables:** Cook your pasta as directed on the package, then drain and let it cool. While the pasta is cooling, chop your bell pepper, cucumber, and tomatoes.
2. **Combine Ingredients:** In a large mixing bowl, combine the cooked pasta, pulled-pastured chicken, bell pepper, cucumber, tomatoes, olives, and feta cheese.
3. **Dress and Season:** Drizzle the Greek dressing over the salad, and add salt and pepper to taste. Toss everything together until well coated and evenly mixed.
4. **Serve and Enjoy:** Divide the pasta salad into 6 portions. You can serve it immediately or store it in the refrigerator for up to 3 days. This salad is delicious when chilled, making it a perfect grab-and-go meal.



## The Benefits of Pastured Chicken in Your Salad

Pastured chicken doesn't just add protein; it also enhances the nutritional profile of your dish. [Raised in open pastures](#), this chicken is rich in omega-3 fatty acids and vitamins, providing a cleaner, more wholesome alternative to conventional chicken. Each bite supports sustainable farming practices, bringing you closer to nature with every meal.





## Final Thoughts:

Our Greek Pasta Salad with Pastured Chicken is just one example of how versatile and nutritious pastured chicken can be. If you're interested in learning how we turned one chicken into 24 delicious meals, check out our [recipe blog](#). Nutrafarms is here to help you explore more ways to make sustainable, health-conscious choices for you and your family.