

# Keto Chicken Chorizo Palmini Pasta

Hands-on 15 minutes Overall 20 minutes

**Nutritional values (per serving, 1 bowl):** Total carbs: 12.7 g, Fiber: 5 g, **Net carbs: 7.7 g**,

Protein: 34.9 g, Fat: 38.5 g, Calories: 528 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 2 servings)

- 1 can palmini linguine noodles, drained (225 g/ 8 oz)
- 1 skinless chicken breast, cubed (200 g/ 7.1 oz)
- 100 g Mexican chorizo *or* Spanish chorizo, chopped (3.5 oz)
- 2 tbsp extra virgin olive oil, divided (30 ml)
- 2 tbsp pesto sauce - *you can make your own pesto*
- sea salt, to taste
- 1/3 cup sun-dried tomatoes (37 g/ 1.3 oz)
- Optional:* fresh basil leaves, to serve

Keto Diet App

Free & premium keto diet plans

## Instructions

1. Open the Palmini cans and drain the liquid by pouring the content of both cans in a colander. Rinse with water and set aside.
2. Dice the chicken and the chorizo. Slice the sun-dried tomatoes and drain the oil. Alternatively, you can use sun-blushed (roasted) cherry tomatoes (about double the amount).
3. Place the chorizo in a skillet greased with 1 tablespoon of olive oil. Cook for a minute to release the juices. Season the chicken with salt and add to the skillet. Cook the chicken over a medium-high heat for 5 minutes, or until lightly browned and cooked through.
4. Add the pesto and the drained palmini noodles.
5. Add the sun-dried tomatoes and toss to combine. You only need to cook the noodles for 1 to 2 minutes to heat through.
6. Place in serving bowls. Eat immediately or store in the fridge for up to 2 days. Optionally, garnish with fresh basil leaves. Reheat before serving.

## More great content on KetoDietApp.com

Keto calculator

Best keto recipes

Complete keto diet food list

Expert articles & ketogenic guides