



Long Livo

Classic Pasta Salad – Easy Refreshing Recipe

15 min

Prep time

4

Servings

10 min

Cook time

Easy

Difficulty

25 min

Total time

Mediterranean

Cuisine

Ingredients

Main Ingredients

- ☐ 12 oz rotini or bow-tie pasta
- ☐ 1 cup cherry tomatoes, halved
- ☐ ½ cup cucumber, diced
- ☐ ¼ cup red onion, thinly sliced
- ☐ ¼ cup black olives, sliced
- ☐ 2 tbsp fresh basil, torn

- ☐ 2 tbsp fresh parsley, chopped

For the Dressing

- ☐ ¼ cup extra-virgin olive oil
- ☐ 2 tbsp lemon juice
- ☐ 1 tsp lemon zest
- ☐ 1 tsp honey
- ☐ ½ tsp Dijon mustard
- ☐ Salt and freshly ground black pepper to taste

Instructions

- 1** Cook the rotini in salted boiling water until al dente, then drain and run under cold water. Spread on a large tray to cool.
- 2** While the pasta cools, whisk together olive oil, lemon juice, zest, honey, and mustard. Add a pinch of salt and pepper.
- 3** In a big bowl, combine the cooled pasta, tomatoes, cucumber, red onion, olives, basil, and parsley. Pour the dressing over and toss gently.
- 4** Taste and adjust seasoning. Cover and chill for at least 20 minutes. Serve cold, maybe with a slice of crusty bread.
- 5** If you're looking for variations, try adding grilled chicken or swapping the lemon for a splash of white wine vinegar.

Nutrition per serving

280 kcal

Calories

8 g

Protein

32 g

Carbs

12 g

Fat

Tips & notes

- Add the dressing while the pasta is still slightly warm so it adheres better.
- If the salad looks dry after chilling, stir in a tiny drizzle of olive oil.
- For extra crunch, toss in toasted pine nuts right before serving.