



Long Livo

Italian Pasta Salad - Classic Easy Recipe

20 min

Prep time

4

Servings

12 min

Cook time

Easy

Difficulty

32 min

Total time

Italian

Cuisine

Ingredients

Main Ingredients

- ☐ 12 oz rotini pasta
- ☐ 1 cup cherry tomatoes, halved
- ☐ 1/2 cup cucumber, diced
- ☐ 1/3 cup Kalamata olives, sliced
- ☐ 1/4 cup red onion, thinly sliced
- ☐ 1/4 cup fresh basil leaves, torn

Dressing

- ☐ 3 tbsp extra-virgin olive oil
- ☐ 2 tbsp red wine vinegar
- ☐ 1 tsp Dijon mustard
- ☐ 1 garlic clove, minced
- ☐ 1 tsp honey
- ☐ Salt and freshly ground black pepper to taste

Instructions

- 1** Cook the rotini in salted boiling water until al dente, about 9 minutes; drain and rinse under cold water, then pat dry.
- 2** While the pasta cools, whisk together olive oil, red wine vinegar, mustard, garlic, honey, salt and pepper in a large bowl.
- 3** Toss the cooled pasta with the vinaigrette, ensuring every piece is lightly coated.
- 4** Fold in tomatoes, cucumber, olives, red onion, and basil; taste and adjust seasoning.
- 5** Cover and chill for at least 30 minutes; serve topped with a handful of Parmesan shavings.

Nutrition per serving

410 kcal

Calories

12 g

Protein

48 g

Carbs

18 g

Fat

Tips & notes

- If you prefer extra tang, add a splash more vinegar just before serving.
- For a peppery bite, stir in a pinch of crushed red pepper flakes.
- Allow the salad to sit for an hour for the flavors to marry fully.