



Long Livo

Mediterraner Nudelsalat Mit Pesto

20 min

Prep time

4

Servings

15 min

Cook time

Easy

Difficulty

35 min

Total time

Mediterranean

Cuisine

Ingredients

Pasta & Veggies

- ☐ 300 g whole-wheat penne
- ☐ 1 cup cherry tomatoes, halved
- ☐ 1 small cucumber, diced
- ☐ ½ cup black olives, pitted and sliced
- ☐ ¼ cup fresh basil leaves

Pesto

- ☐ 2 cups packed fresh basil
- ☐ ¼ cup pine nuts, toasted

- ☐ 2 cloves garlic, minced
- ☐ ½ cup extra-virgin olive oil
- ☐ ¼ cup grated Parmesan cheese
- ☐ 1 tbsp lemon juice
- ☐ Salt and pepper to taste

Finishing Touch

- ☐ 2 tbsp toasted pine nuts for garnish
- ☐ Extra grated Parmesan
- ☐ Zest of 1 lemon

Instructions

- 1 Bring a large pot of salted water to a boil, add the penne, and cook until al dente, about 9-10 minutes. Drain and rinse under cool water to stop cooking.
- 2 While the pasta cooks, blend basil, pine nuts, garlic, lemon juice, and Parmesan in a food processor. With the motor running, drizzle in olive oil until smooth. Season with salt and pepper.
- 3 In a large bowl, combine the cooled pasta, cherry tomatoes, cucumber, and olives. Pour the pesto over and toss gently to coat evenly.
- 4 Transfer the salad to a serving platter, sprinkle with extra pine nuts, Parmesan, and lemon zest. Let it rest for 10 minutes before serving.
- 5 If you'd like a protein boost, serve alongside chicken parmesan or enjoy it on its own as a light lunch.

Nutrition per serving

420 kcal

Calories

14 g

Protein

48 g

Carbs

18 g

Fat

Tips & notes

- If the pesto feels thick, thin it with a tablespoon of the pasta cooking water.
- For extra crunch, reserve a handful of toasted pine nuts for topping just before serving.
- Feel free to add a handful of arugula for a peppery bite.