



Long Livo

Pasta Salad with Surimi and Hard-Boiled Eggs

15 min
Prep time

10 min
Cook time

25 min
Total time

4
Servings

Easy
Difficulty

American
Cuisine

Ingredients

Main Ingredients

- ☐ 12 oz short pasta (rotini or farfalle)
- ☐ 8 oz surimi sticks, sliced
- ☐ 3 hard-boiled eggs, peeled and quartered
- ☐ 1/3 cup mayonnaise
- ☐ 1 tbsp Dijon mustard

- ☐ 2 tbsp fresh lemon juice
- ☐ 2 tbsp chopped fresh dill or chives
- ☐ Salt and freshly ground black pepper to taste

Optional Add-ins

- ☐ 1/4 cup diced red bell pepper
- ☐ 1/4 cup sweet corn kernels
- ☐ A handful of cherry tomatoes, halved

Instructions

- 1 Bring a pot of salted water to a boil, add the pasta and cook until al dente, about 8-9 minutes.
- 2 Drain the pasta and rinse under cold water until cool; set aside in a large bowl.
- 3 In a small bowl, whisk together mayonnaise, Dijon mustard, lemon juice, chopped dill, and a pinch of salt and pepper.
- 4 Add the sliced surimi and quartered eggs to the pasta, then pour the dressing over everything and toss gently.
- 5 Season with additional salt, pepper, and a squeeze of lemon if desired; refrigerate for 20 minutes before serving.

Nutrition per serving

410 kcal
Calories

20 g
Protein

38 g
Carbs

18 g
Fat

Tips & notes

- If the salad feels dry, add a thin drizzle of olive oil or a splash more lemon juice.
- For added crunch, toss in toasted sliced almonds just before serving.
- The salad can be made a day ahead; the flavors will meld beautifully.