



Long Livo

Perfect Pasta Salad Dressing

10 min

Prep time

Easy

Difficulty

10 min

Total time

Italian

Cuisine

4

Servings

Ingredients

Dressing

- ☐ 1/3 cup extra-virgin olive oil
- ☐ 2 tbsp freshly squeezed lemon juice
- ☐ 1 tsp lemon zest
- ☐ 1 tsp honey
- ☐ 1 tsp Dijon mustard
- ☐ 2 tbsp fresh basil, finely chopped
- ☐ 2 tbsp fresh parsley, finely chopped
- ☐ 1/2 tsp sea salt
- ☐ 1/4 tsp freshly cracked black pepper

Instructions

- 1 In a small bowl, whisk together lemon juice, lemon zest, honey, and Dijon mustard until smooth.
- 2 While whisking, slowly drizzle in the olive oil to form a glossy emulsion.
- 3 Stir in the chopped basil, parsley, salt, and pepper; taste and adjust seasoning.
- 4 If the dressing feels too thick, whisk in a tablespoon of pasta cooking water or cold water.
- 5 Toss the dressing with cooked pasta while still warm, allowing it to absorb the flavors.

Nutrition per serving

220 kcal

Calories

0 g

Protein

6 g

Carbs

18 g

Fat

Tips & notes

- For a sweeter profile, add an extra half-teaspoon of honey.
- A splash of white balsamic vinaigrette (white balsamic) can add depth without overpowering.
- Use fresh herbs rather than dried to keep the dressing vibrant.