

Choco Fever Dream

Classic Pasta Salad – Easy Refreshing Recipe

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**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	8 g	32 g	12 g
Calories	Protein	Carbs	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.