

Choco Fever Dream

Easy Pasta Salad Recipe: Quick & Delicious

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 8 oz rotini pasta
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/2 cup cucumber, diced
- [ ] 1/2 cup red bell pepper, diced
- [ ] 1/4 cup red onion, finely sliced
- [ ] 1/3 cup feta cheese, crumbled (optional)
- [ ] 2 tbsp fresh parsley, chopped

Herb Vinaigrette

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] 1 tsp honey
- [ ] 1 garlic clove, minced
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Cook the rotini in salted water until al dente, about 8-9 minutes; drain and rinse under cold water until the pasta is cool to the touch.
2. While the pasta cools, whisk together olive oil, lemon juice, Dijon, honey, minced garlic, salt, and pepper in a small bowl to form the vinaigrette.
3. In a large mixing bowl, combine the cooled pasta, cherry tomatoes, cucumber, red bell pepper, and red onion.
4. Drizzle the vinaigrette over the salad, toss gently, then fold in the feta and fresh parsley. Let the salad rest for 10 minutes before serving.

Nutrition per serving

320 kcal	9 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a creamier dressing, whisk in a spoonful of Greek yogurt after the vinaigrette is mixed.
- Taste and adjust seasoning right before the final toss; a pinch more lemon can brighten everything.
- For a heartier version, add grilled chicken or roasted chickpeas.