

Choco Fever Dream

Mediterraner Nudelsalat Mit Pesto

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**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	14 g	48 g	18 g
Calories	Protein	Carbs	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.