

Choco Fever Dream

Easy Pasta Salad – Quick & Fresh Recipe

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

Ingredients

Main Ingredients

- [ ] 12 oz tri-color rotini pasta
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cup diced cucumber
- [ ] 1 cup diced red bell pepper
- [ ] ½ cup diced yellow bell pepper
- [ ] ¼ cup thinly sliced red onion
- [ ] ¼ cup chopped fresh basil

For the Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 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, about 9 minutes; drain and rinse under ice water.
2. While the pasta cools, combine tomatoes, cucumber, bell peppers, onion, and basil in a large bowl.
3. Whisk together olive oil, lemon juice, honey, mustard, salt, and pepper; let the dressing sit for a minute.
4. Add the cooled pasta to the vegetable mixture, then pour over the dressing; toss gently to coat.
5. Taste and adjust seasoning; chill for 10 minutes, then serve. For a different twist, try adding a protein boost like grilled chicken.

Nutrition per serving

340 kcal	9 g	45 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad seems dry, add a splash more olive oil or a drizzle of lemon juice.
- Try adding toasted pine nuts for an extra crunch.
- This salad can be made a day ahead; the flavors only improve.