Treasure Barrel

Fresh Broccoli Pasta Salad

Bright broccoli meets al dente pasta with a zesty lemon dressing—simple, refreshing, and comforting.

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

Ingredients

Main Ingredients

- [ ] 12 oz short pasta (rotini or penne)
- [ ] 2 cups broccoli florets
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 2 tbsp grated Parmesan cheese
- [ ] 1/4 cup olive oil

For the Lemon Vinaigrette

- [ ] 3 tbsp fresh lemon juice
- [ ] 1 tsp lemon zest
- [ ] 1 tsp honey or maple syrup
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Cook the pasta in salted water until al dente, then drain and set aside while still warm.
2. Meanwhile, bring a pot of water to a boil, add broccoli and blanch for 2 minutes, then plunge into ice water to keep the color bright.
3. Whisk together lemon juice, zest, honey, olive oil, salt, and pepper in a small bowl until emulsified.
4. In a large bowl, combine pasta, broccoli, red onion, and drizzle the vinaigrette; toss gently to coat.
5. Finish with Parmesan shavings, give a final light toss, and serve immediately or let rest for 10 minutes.

Nutrition per serving

380 kcal	12 g	48 g	14 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If you prefer a richer dressing, add a splash of white wine vinegar.
> - Taste the vinaigrette before adding; a pinch more honey can balance extra tartness.
> - For a vegan version, omit Parmesan or use a nutritional-yeast sprinkle.