

Treasure Barrel

Mediterraner Nudelsalat mit Pesto

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 300 g tri-color fusilli
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/2 cucumber, diced
- [ ] 1/4 cup black olives, sliced
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 2 tbsp fresh basil leaves, torn

For the Pesto

- [ ] 2 cups fresh basil leaves
- [ ] 1/4 cup pine nuts
- [ ] 1/3 cup grated Parmesan cheese
- [ ] 1 garlic clove
- [ ] 1/3 cup extra-virgin olive oil
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] 1/4 cup toasted walnuts
- [ ] ½ cup crumbled feta
- [ ] 2 tbsp capers

Instructions

1. Bring a large pot of salted water to a boil, add the fusilli and cook until al dente, about 9 minutes.
2. While the pasta cooks, combine basil, pine nuts, Parmesan, garlic, lemon juice, and olive oil in a food processor; pulse until smooth, then season with salt and pepper.
3. Drain the pasta, rinse under cold water, and gently pat dry; this stops cooking and keeps the texture firm.
4. In a large bowl, toss the cooled pasta with the pesto, then fold in cherry tomatoes, cucumber, olives, red onion, and fresh basil.
5. Season again if needed, chill for 10 minutes, and serve garnished with optional walnuts or feta.

Nutrition per serving

420 kcal	12 g	40 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a creamier dressing, stir in a spoonful of Greek yogurt after mixing the pesto.
- A splash of white wine vinegar can brighten the salad without adding alcohol flavor.
- For a vegan version, replace Parmesan with nutritional yeast.