Plate Dream

Delicious Pasta Salad with a Secret Ingredient

Vibrant pasta salad perfect for quick lunches or as a side, featuring a hidden flavor booster.

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

Ingredients

Main Ingredients

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

Dressing

- [ ] ¼ cup roasted red-pepper puree (secret ingredient)
- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 1 tsp honey
- [ ] ½ tsp salt
- [ ] ¼ tsp freshly ground black pepper

Instructions

1. Cook the rotini in salted water until al dente, about 8-9 minutes; drain and rinse under cold water to stop cooking.
2. While the pasta cools, dice the bell peppers, halve the cherry tomatoes, and slice the olives.
3. In a large bowl, whisk together the roasted red-pepper puree, olive oil, lemon juice, honey, salt, and black pepper until smooth.
4. Add the cooled pasta, chopped vegetables, and fresh basil to the dressing; toss gently until everything is coated.
5. Cover and refrigerate for 15 minutes. Asian cucumber salad cucumber salad is a nice side if you crave extra coolness.

Nutrition per serving

420 kcal	12 g	58 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad seems dry after chilling, stir in a splash more olive oil.
- Taste and adjust seasoning before serving.
- For extra zing, add a pinch of smoked paprika.