

Plate Dream

Mediterraner Nudelsalat Mit Pesto

20 min Prep time	**10 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Pasta & Veggies

- [ ] 300 g fusilli or penne
- [ ] 1 cup cherry tomatoes, halved
- [ ] ½ cup sliced black olives
- [ ] ¼ cup sun-dried tomatoes, chopped
- [ ] 1 small cucumber, diced
- [ ] 1/3 cup crumbled feta cheese

Pesto Sauce

- [ ] 2 cups fresh basil leaves
- [ ] ¼ cup pine nuts (or walnuts)
- [ ] 1/3 cup grated Parmesan
- [ ] 2 garlic cloves
- [ ] ½ cup extra-virgin olive oil
- [ ] 1 tbsp lemon juice
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil, add the pasta, and cook until al dente—usually 8-10 minutes. Drain, rinse briefly with cool water, and set aside to steam.
2. While the pasta cooks, combine basil, pine nuts, Parmesan, garlic, lemon juice, a pinch of salt, and pepper in a food processor. Pulse a few times, then stream in olive oil until the mixture is smooth but still has a little texture.
3. In a large bowl, toss the cooked pasta with the fresh pesto, ensuring every strand is lightly coated. If the sauce feels thick, add a splash of reserved pasta water.
4. Add the cherry tomatoes, olives, sun-dried tomatoes, cucumber, and feta. Gently fold everything together, letting the vegetables stay crisp.
5. Taste and adjust seasoning with more lemon, salt, or pepper as needed. Serve immediately at room temperature or chill for an hour for a cooler salad.

Nutrition per serving

420 kcal	14 g	45 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a creamier dressing, stir in a tablespoon of Greek yogurt after the pesto is blended.
- For extra brightness, grate a touch of lemon zest over the finished salad.
- The salad improves after resting; flavors meld, making each bite more harmonious.