

Plate Dream

Tuna Pasta Salad with Peas (Healthy Cold Dish)

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

Ingredients

Main Ingredients

- [ ] 8 oz small pasta (elbows or shells)
- [ ] 1 (5-oz) can solid white tuna, drained
- [ ] 1 cup frozen peas, thawed
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp lemon zest
- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp chopped fresh parsley
- [ ] Salt and freshly ground black pepper to taste

Optional Add-ins

- [ ] 1 tsp Dijon mustard
- [ ] 1/4 cup diced red onion for a mild bite

Instructions

1. Cook the pasta in salted boiling water until al dente, about 8-9 minutes. Drain and rinse under cold water to stop cooking; set aside.
2. In a large bowl, combine lemon juice, lemon zest, olive oil, parsley, and a pinch of salt and pepper. Whisk until emulsified.
3. Add the cooked pasta to the bowl, tossing gently to coat all pieces with the dressing.
4. Fold in the drained tuna, peas, and optional mustard or red onion. Taste and adjust seasoning.
5. Cover and refrigerate for at least 30 minutes. Serve chilled, garnished with a little extra zest if desired.

Nutrition per serving

320 kcal	22 g	30 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a creamier texture, stir in a tablespoon of Greek yogurt after mixing the dressing.
- For extra zest, grate a small amount of orange peel alongside the lemon zest.
- Avoid over-mixing the tuna to keep the flakes tender.