

Niçoise Pasta Salad



Preparation time: 15 mins

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes

Vibrant greens, tender tuna, creamy eggs, and salty olives come together to make this beautiful Niçoise Pasta Salad. Fresh Mediterranean flavours make for the perfect healthy lunch or delicious dinner side.

Are you a meal prepper? This recipe was made for you. Make this salad at the beginning of the week, store it in the fridge, and keep coming back for more each day.



Ingredients

- 200 g large shell or similar pasta
- 200 g green beans, cut into small batons
- 3 eggs
- Juice of one lemon
- 2 tsp French or Dijon mustard
- 2 tbsp olive oil
- Salt and pepper, to taste
- 200 g sweet snacking tomatoes

- ½ red onion, finely sliced
- ⅓ cup kalamata olives, halved
- 1 x 185 g tin tuna in oil, drained

Method

1. Place a small pot of water and another medium pot of well-salted water on to boil. Once boiling, add the shell pasta to your salted pot of water and gently lower the eggs into the small pot.
2. After 8 minutes, remove the eggs and place them in a bowl of icy water to stop them from cooking. Add your green beans to the pasta and cook one more minute. Drain the pasta and set aside.
3. In a large serving bowl place the lemon juice, dijon, oil, salt and pepper. Mix well to combine then add your pasta and beans, the tomatoes, onion, olives and tuna. Toss well to combine.
4. Once the eggs have cooled, peel and slice them into quarters. Add the eggs to your salad bowl and gently toss to combine.
5. Serve at room temperature or make ahead and chill in the fridge until you're ready to eat.