

Helergon Kitchen

Tuna Pasta Salad With Peas

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

Ingredients

Main Ingredients

- [ ] 1 (5-oz) can solid white tuna, drained and flaked
- [ ] 2 cups short pasta (ditalini or orzo)
- [ ] 1 cup frozen peas, thawed
- [ ] 1/3 cup mayonnaise
- [ ] 1 tbsp lemon juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh parsley, chopped
- [ ] Salt and pepper to taste

Instructions

1. Cook the pasta in salted water until al dente, about 8-9 minutes. Drain and rinse under cold water to stop cooking; set aside.
2. While the pasta cooks, whisk together mayonnaise, lemon juice, olive oil, and a pinch of salt and pepper. Let the dressing rest a few minutes to blend.
3. In a large bowl, combine the cooled pasta, peas, and flaked tuna. Gently fold in the dressing until everything is evenly coated.
4. Taste and adjust seasoning, then sprinkle chopped parsley on top. Serve chilled or at room temperature.

Nutrition per serving

350 kcal	25 g	30 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter dressing, replace half of the mayo with Greek yogurt.
- For a pop of color, add a handful of diced red bell pepper.
- The salad can be prepared a day ahead; the flavors improve with time.