

Helergon Kitchen

Creamy Tuna Pasta Salad – Easy Weeknight Dinner

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

Ingredients

Main Ingredients

- [ ] 12 oz short-shape pasta (rotini or farfalle)
- [ ] 2 (5-oz) cans tuna in water, drained
- [ ] 1/2 cup mayonnaise
- [ ] 2 tbsp lemon juice
- [ ] 1/4 cup finely chopped celery
- [ ] 2 tbsp diced red onion
- [ ] 2 tbsp chopped fresh parsley
- [ ] 1 tbsp chopped fresh dill
- [ ] Salt and freshly ground black pepper to taste
- [ ] 1 tbsp olive oil

Optional Add-Ins

- [ ] 1/4 cup crumbled feta cheese
- [ ] 1 tsp Dijon mustard
- [ ] A pinch of red pepper flakes

Instructions

1. Cook the pasta in salted boiling water until al dente, about 8–10 minutes. Drain and rinse under cold water, then set aside to cool.
2. In a large bowl, whisk together mayonnaise, lemon juice, Dijon mustard (if using), salt, and pepper until smooth. This is the creamy base.
3. Add the cooled pasta, drained tuna, celery, red onion, parsley, and dill to the dressing. Toss gently to coat everything evenly.
4. Drizzle olive oil over the mixture, give one final toss, and adjust seasoning with more lemon or salt if needed.
5. Serve immediately chilled, or cover and refrigerate for 30 minutes to let flavors meld. For inspiration, check out the pesto pasta version we posted last month.
6. Enjoy as a main dish or side; it pairs beautifully with crusty bread. If you're curious about a higher protein twist, see our high protein take.

Nutrition per serving

420 kcal	28 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad feels too thick, thin it with a splash of milk or more lemon juice.
- For extra freshness, add quartered cherry tomatoes just before serving.
- You can prep the dressing a day ahead; store separately and combine when ready.