

Helergon Kitchen

Light and Creamy Pesto Caprese Pasta Salad

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz short pasta (bowtie or rotini)
- [ ] 1 cup fresh basil leaves
- [ ] ¼ cup pine nuts
- [ ] ½ cup grated Parmesan cheese
- [ ] 1/3 cup extra-virgin olive oil
- [ ] 2 tbsp lemon juice
- [ ] 1 cup cherry tomatoes, halved
- [ ] 8 oz fresh mozzarella pearls
- [ ] Salt and freshly ground black pepper to taste

Optional Add-ins

- [ ] Grilled chicken breast, sliced
- [ ] A pinch of red-pepper flakes

Instructions

1. Cook the pasta in salted water until al dente, about 9-10 minutes; drain and rinse under cool water to stop cooking.
2. While the pasta cooks, blend basil, pine nuts, Parmesan, lemon juice, and olive oil in a food processor until smooth; season with salt and pepper.
3. In a large bowl, toss the cooled pasta with the fresh pesto, ensuring every noodle is lightly coated.
4. Gently fold in the halved tomatoes and mozzarella pearls; sprinkle with additional pepper if desired.
5. Serve immediately at room temperature or chill for 15 minutes; garnish with whole basil leaves.

Nutrition per serving

420 kcal	16 g	48 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pesto seems thick, thin it with a splash of pasta water.
- For extra brightness, drizzle a tiny bit more lemon juice just before serving.
- Feel free to add grilled chicken or shrimp for a protein boost.