

Mexican Pasta Salad



Preparation time:	22 mins
Serves:	6 people
User Rating:	★★★★☆

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Vibrant veggies, Mexican-inspired flavours, and humble hard boiled eggs can turn a typical pasta salad from drab to delicious. A zesty dressing brings it all together, adding just the right amount of kick to every egg-citing bite. See the full recipe below.



Ingredients

- 300g farfalle pasta
- 5 eggs
- 1 large green capsicum, finely chopped
- 200g punnet cherry tomatoes (see notes), halved
- 400g can corn kernels, drained
- 400g can black beans, drained and rinsed
- 4 green onions, thinly sliced
- 1 bunch coriander, chopped
- 1 large avocado, chopped
- Sliced red chilli, to serve (optional)

Dressing

- ¼ cup Greek yoghurt
- ½ cup whole egg mayonnaise
- 2 limes, zested and juiced
- 1 tsp garlic powder
- 1 Tbsp Mexican hot sauce

Method

1. Cook pasta in a large pot of boiling water until tender. Drain. Rinse under cold water. Cool.
2. Cook eggs in a saucepan of boiling water for 6 minutes for medium softness. Remove with a slotted spoon and cool in cold water. Peel. Cut in half.
3. To make dressing; whisk all ingredients in a bowl until smooth.
4. Place pasta in a large bowl with the remaining ingredients except eggs. Add half of the dressing and stir until combined.
5. Arrange in a serving bowl with eggs nestled in amongst salad. Sprinkle with chilli if using. Drizzle with remaining dressing.

Notes

- Use Solanato or Perino tomatoes available from supermarkets.
- We used chipotle hot sauce which has a mild kick, but you can use any of your favourite sauces or even a Mexican salsa. For added spice, add a fresh finely chopped jalapeno to the salad.
- Salad can be made up the day ahead without the dressing, avocado or eggs. Stir through a good drizzle of olive oil to keep pasta separated. Cover and refrigerate salad then add dressing, avocado and eggs when ready to serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
484g	2650kJ 633kcal	22.9g	30.9g	6.5g	59.6g	9g	517mg	12.8g
Vitamin D								
3.4µg								

All nutrition values are per serve.