

Pesto, Tuna, Egg & Pasta Salad



Preparation time:	25 mins
Serves:	4 people
User Rating:	★★★★☆

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Simple, quick, refreshing, and delicious is how we would describe this Pesto, Tuna, Egg, & Pasta Salad recipe. A few simple, yet strong ingredients make up a dish that goes well at lunch or dinner time.

See the complete recipe below.



Ingredients

- 350g dry pasta of choice
- 6 eggs, medium boiled, peeled and halved (see tips)
- ⅓ cup (85g) whole egg mayonnaise
- ½ cup (120g) basil pesto
- 185g can tuna in oil, drained
- ½ cup (75g) semi-dried tomatoes in oil, drained and chopped
- Salt and pepper to taste

Method

1. Cook pasta according to packet instructions. Drain and refresh in cold water. Transfer to a salad bowl.
2. Mix together mayonnaise and pesto and stir through the pasta. Add tuna and tomatoes and toss gently to mix.
3. Arrange eggs over the top and season with salt and pepper.

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Notes

To cook medium boiled eggs:

- Add eggs to a saucepan and just cover with tap water. Cook over medium heat. Once the water reaches a simmer, start a timer for 6 minutes. Gently stir the eggs in a clockwise direction, the movement of the water will help centre the yolks. Use a large spoon to remove the eggs from the saucepan.
- Cool the eggs by running them under cold tap water for 30-60 seconds or placing them in a bowl of iced water.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
255g	3380kJ 808kcal	32.2g	44g	8.9g	67.6g	8.9g	845mg	5.2g
Vitamin D								
6.3µg								

All nutrition values are per serve.