

Vegan Italian Pasta Salad with Vegetables and Olives

Jacob · 30/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

2 hrs 20 mins

Description

A classic vegan pasta salad from Italys Southern regions consisting of sauteed vegetables and dressed with a vegan olivebased sauce

Ingredients

- - 1 (12 ounce) package fusilli pasta - 3 tablespoons extra-virgin olive oil
- divided
- or more if needed - ½ cup Kalamata olives
- pitted - ¼ cup Italian parsley - 1 teaspoon capers in brine
- drained - 1 teaspoon red pepper flakes - 1 clove garlic
- minced
- divided - ? teaspoon red wine vinegar - 1 small eggplant
- cut into 1/2-inch cubes - 1 large zucchini
- cut into 1/2-inch cubes - 1 large red bell pepper
- cut into 1-inch cubes - 1 small onion
- cut into 1-inch cubes - 10 cherry tomatoes

Instructions

1. Bring a large pot of lightly salted water to a boil. Cook fusilli in the boiling water
2. stirring occasionally
3. until tender yet firm to the bite
4. about 12 minutes. Drain and drizzle with 1 to 2 teaspoons extra-virgin olive oil. Mix to coat and set aside. Combine pitted olives
5. parsley
6. capers
7. red pepper flakes
8. 1/2 of the garlic
9. vinegar
10. and 1 teaspoon extra-virgin olive oil in a mini food processor. Blend to create a rough
11. runny paste. Set dressing aside. Heat 1 tablespoon extra-virgin olive oil in a nonstick skillet over medium heat. Saute eggplant until tender and browned
12. 8 to 10 minutes. Remove with a slotted spoon and place on paper towels to drain. Add remaining extra-virgin olive oil and saute zucchini until browned
13. 8 to 10 minutes. Remove with a slotted spoon and place on paper towels to soak any excess oil. Cook bell pepper
14. onion
15. and remaining 1/2 of the garlic in the same skillet until softened
16. 3 to 5 minutes. Add cherry tomatoes and heat until they begin to blister. Return eggplant and zucchini to the skillet and mix to combine. Remove from heat and transfer vegetables to a large bowl. Cool to room temperature. Mix pasta and dressing with the vegetables; toss to coat. Add more olive oil if necessary. Cover and refrigerate for at least 1 hour before serving.