

The Best High-Protein Vegan Mediterranean Pasta Salad

Prep: 10 minutes • Cook: 12 minutes

A street-food-inspired Mediterranean pasta salad featuring lemon-tahini dressing, za'atar-spiced lentils, and Banza chickpea shells, layered with crunchy cucumbers, briny olives and artichokes, sun-dried tomatoes, and creamy vegan feta for a bright, bold, protein-packed bite.

Ingredients

- 8 ounces Banza pasta shells
- 1/4 cup cucumbers (diced)
- 1/4 cup red onion (diced)
- 1/3 cup vegan feta
- 1/4 cup sun-dried tomatoes (diced)
- 1/4 cup Kalamata olives (chopped)
- 1/4 cup artichoke hearts (chopped)
- 1/4 cup olive oil
- 1/4 cup tahini
- 2 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- 2 teaspoons agave syrup
- 1/2 to 1 teaspoon Calabrian chilies (chopped, optional)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup cooked brown lentils
- 1 teaspoon olive oil
- 1 1/2 teaspoons za'atar seasoning
- to taste salt and pepper

Instructions

1. Cook the pasta according to package directions until al dente, then drain and let cool for a few minutes.
2. While the pasta cooks, chop the cucumbers, red onion, sun-dried tomatoes, olives, and artichoke hearts; set aside.
3. Make the dressing: In a bowl, whisk together olive oil, tahini, lemon juice, Dijon mustard, agave syrup, chopped Calabrian chilies (if using), salt, and black pepper until smooth; set aside.
4. Prepare the lentils: Toss the cooked brown lentils with olive oil, za'atar seasoning, and a pinch of salt and pepper;

taste and adjust seasoning.

5. In a large mixing bowl, combine the cooled pasta with the chopped vegetables, vegan feta, za'atar lentils, and the lemon-tahini dressing; toss until everything is evenly coated.

6. Taste and adjust salt, pepper, and acid as needed. Serve warm immediately or chill and serve cold later.

Tags: Vegan, Mediterranean, Pasta Salad, High Protein, Gluten Free, Meal Prep

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