

Mediterranean Pasta Recipe That Tastes Fresh, Bright, and Easy Enough for Any Night

12 ounces pasta, such as penne, rotini, or farfalle



TIME
3 to 4 min

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INGREDIENTS

12 ounces pasta, such as penne, rotini, or farfalle
2 tablespoons olive oil
3 to 4 cloves garlic, minced
2 cups cherry or grape tomatoes, halved
1 cup cucumber, diced
1/2 cup red onion, thinly sliced
1/2 cup Kalamata olives, sliced
1 cup crumbled feta cheese
2 tablespoons fresh parsley, chopped
1 tablespoon fresh basil, chopped
1 tablespoon lemon juice
1 teaspoon dried oregano
Salt, to taste
Black pepper, to taste
Optional: red pepper flakes for a little heat

DIRECTIONS

- 1.** Cook the pasta: Bring a large pot of salted water to a boil and cook the pasta according to package directions until al dente. Reserve about 1/2 cup of pasta water, then drain the pasta.
- 2.** SautØ the garlic and tomatoes: In a large skillet, heat the olive oil over medium heat. Add the minced garlic and cook for about 30 seconds, just until fragrant. Stir in the halved tomatoes and cook for 3 to 4 minutes, until they begin to soften and release their juices.
- 3.** Add the flavor boosters: Stir in the olives, red onion, oregano, lemon juice, salt, black pepper, and a pinch of red pepper flakes if you want a little heat. Let everything cook together for another 1 to 2 minutes.
- 4.** Toss with the pasta: Add the drained pasta directly to the skillet and toss everything together. If the mixture feels dry, add a splash of the reserved pasta water until the sauce lightly coats the pasta.
- 5.** Finish with fresh ingredients: Remove from the heat and gently fold in the cucumber, parsley, basil, and feta cheese. Serve warm, or let it cool slightly for more of a pasta salad style dish.

SWAPS & NOTES

This recipe is easy to customize based on your preferences. Use whole wheat pasta for a little extra fiber, or try gluten-free pasta if needed.

If you are out of feta, goat cheese can work for a similarly tangy finish.

Add spinach, artichoke hearts, roasted red peppers, or chickpeas to stretch the dish and add even more Mediterranean flair.

TIPS FOR SUCCESS

The biggest key to great Mediterranean Pasta is not overcooking the vegetables.

You want the tomatoes softened, but not completely broken down into a sauce.

That helps the final dish stay fresh and textured.

Be sure to salt your pasta water well, since that is your first chance to build flavor.

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