



Fusilli Freddi - Pasta Salad

EATALY MAGAZINE (June 20, 2017)



Simple and light, this Sicilian recipe pairs in-season eggplant with tasty tuna to serve up Italy's answer to pasta salad. In other words: meet your colorful — and not-sad — "lunch al desko."

COURSE: Primo Piatto

DIFFICULTY: Easy

PREPARATION TIME: 30 minutes

Yield: 4 servings

12 ounces fusilli
1 large eggplant, cut into 1-inch cubes
10 ounces tuna,* cut into 1-inch cubes



5 ounces Primo Sale (or other sheep's milk cheese), diced
1 clove garlic, diced
Zest of ½ lemon
1 red pepper, diced
½ cup cherry tomatoes, halved
Extra virgin olive oil, to taste
1 tablespoon soy sauce
Mint, chopped, to taste
Basil, chopped, to taste
Salt & white pepper, to taste

In a bowl, combine the soy sauce, a drizzle of extra virgin olive oil, and the lemon zest. Add the tuna, and let it marinate, covered, in the refrigerator for an hour.*

To cook the eggplant, generously drizzle the olive oil in a heavy-bottomed skillet, and set it over medium heat. Add the garlic, eggplant, and red pepper; cook for about 10 minutes, tossing and stirring occasionally, until the eggplant is soft, cooked through, and nicely browned on all sides. Let the mixture cool. Then, add the chopped mint and basil, and season to taste with salt and pepper.

Bring a pot of well-salted water to a boil, and add the pasta. Cook, stirring, according to the package instructions or until it is al dente. Drain, and let cool.

Toss the pasta with the tuna, eggplant mixture, cherry tomatoes, and cheese. Allow the dish to sit for 5 minutes before serving, then enjoy!

* Traditionally, the tuna is served raw in this dish. Be sure to select the highest quality of fresh tuna at your fish counter. If you prefer not to eat raw tuna, simply sear the tuna on both sides in the skillet or on the grill before chilling, or incorporate our high-quality Italian tuna.

Buon appetito!

This recipe was first published courtesy of [Eataly Magazine](#) [2].

Source URL: <http://ftp.iitaly.org/magazine/dining-in-out/eataly-magazine/article/fusilli-freddi-pasta-salad>

Links

[1] <http://ftp.iitaly.org/files/fusillifreddijpg>

[2] https://www.eataly.com/us_en/