

## Lemony Orzo & Tuna Salad with Broccoli レモン風味オルゾとツナ・ブロッコリーの サラダ

Serves: 4 | Bowl: large mixing bowl | Best served  
slightly cool

### Ingredients

#### Pasta:

- 140 g orzo (オルゾ)

#### Vegetables:

- 200 g broccoli, finely chopped (ブロッコリー)
- 30 g red onion, very thinly sliced (赤玉ねぎ)
- Optional: 80 g cherry tomatoes, halved (ミニトマト)

#### Protein:

- 150 g drained tuna (ツナ)

#### Dressing:

- Zest of 1 lemon (レモン皮)
- 2 T lemon juice (レモン汁)
- 2 T / 28 g olive oil (オリーブオイル)
- ¼ tsp salt + pinch MSG (塩+MSG)
- Black pepper

#### Additions:

- 60 g sliced black olives (ブラックオリーブ)
- 15 g walnuts, chopped (くるみ)
- 1 T capers (ケイパー)
- Optional: 40 g feta cheese (フェタチーズ)

#### Herbs:

- 1 T oregano
- 1 T parsley or shiso, chopped (パセリ / しそ)

### Instructions

1. Bring **water** to boil and **salt** lightly.
2. Cook **orzo** until just al dente.
  - **Reserve 2–3 T pasta water** before draining.
3. During **final 30–45 seconds** of pasta cooking, add **broccoli** to pot.
  - Broccoli should become bright green and slightly tender.
4. Drain pasta and broccoli.
  - Do not rinse heavily.
  - Retaining slight warmth improves flavor absorption.
5. In a large bowl combine **lemon zest, lemon juice, olive oil, salt + MSG, and black pepper**.
6. Whisk dressing thoroughly.
7. Add **orzo, broccoli, tuna, olives, walnuts, red onion, capers, oregano, parsley or shiso**, and optional **tomatoes and feta**.
8. Toss gently to combine.



9. Add small amount of **reserved pasta water** if salad seems dry.
10. **Rest 10–15 minutes** before serving.
  - Best served cool room temperature rather than refrigerator-cold.

### Notes

- Slight warmth helps the dressing absorb into the pasta.
- Do not overcook broccoli; slight crispness is ideal.
- Oil-packed tuna gives the most Mediterranean flavor.
- Feta should be added gently at the end to prevent breaking.
- Excellent as leftovers for lunch the next day.

### Nutrition

**Per serving:** Kcal: 470 | Protein: 27 g | Fat: 21 g | Sat Fat: 4 g | Carbs: 41 g |  
Sugars: 4 g | Fiber: 6 g | Sodium: 620 mg | Omega-3: 1.3 g

**Total dish:** Kcal: 1880 | Protein: 108 g | Fat: 84 g | Sat Fat: 16 g | Carbs: 164 g |  
Sugars: 16 g | Fiber: 24 g | Sodium: 2480 mg | Omega-3: 5.2 g