

DINNER

Pasta Salad with Fiddleheads, Bacon, and Sun-Dried Tomatoes

18 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	15 min	25 min	4	\$3.08	670 kcal

Pasta Salad with Fiddleheads, Bacon, and Sun-Dried Tomatoes takes approximately 40 minutes from beginning to end. For \$3.08 per serving, you get a main course that serves 4. One portion of this dish contains roughly 22g of protein, 22g of fat, and a total of 670 calories.

Ingredients

☐ 3 slices bacon	☐ 1 tablespoon Dijon mustard
☐ 1 egg yolk	☐ 1 English cucumber, seeded and minced
☐ 2 cups fiddlehead ferns	☐ 16 ounce package fusilli pasta
☐ 1 clove garlic, minced	☐ 4 servings salt and ground black pepper to taste
☐ 1 tablespoon lemon juice	☐ ½ cup oil-packed sun-dried tomatoes, drained and chopped
☐ 1 tablespoon olive oil	☐ ¾ cup vegetable oil

EQUIPMENT Bowl, Frying pan, Paper towels, Sauce pan, Whisk, Pot

Method

- 1 Bring a large pot of lightly salted water to a boil. Cook the fusilli at a boil until tender yet firm to the bite, about 12 minutes; drain.
- 2 Drizzle 1 tablespoon olive oil into drained pasta; stir to coat.

- 3 Bring a saucepan of lightly salted water to a boil. Cook the fiddlehead ferns at a boil until tender, 3 to 5 minutes; drain. Rinse the fiddleheads in cold water to stop from further cooking; drain.
- 4 Cook bacon in a large, deep skillet over medium-high heat until crisp, about 10 minutes.
- 5 Drain on a paper towel-lined plate. Crumble the bacon once cool enough to handle.
- 6 Toss the pasta, fiddlehead ferns, crumbled bacon, and cucumber together in a large bowl.
- 7 Combine sun-dried tomatoes, egg yolk, Dijon mustard, lemon juice, and garlic in a bowl. Stream about 1/3 of the vegetable oil into the mixture while whisking vigorously until the mixture begins to emulsify. Stream the remainder of the olive oil into the dressing while whisking; season with salt and pepper.
- 8 Pour the dressing onto the pasta mixture; stir to coat.

Nutrition per serving

670

KCAL

22 g

PROTEIN

22 g

FAT

98 g

CARBS

Saturated Fat	4.8 g · 30% of daily needs
Fibre	5.9 g · 24% of daily needs
Sugar	9.6 g · 11% of daily needs
Sodium	176 mg · 8% of daily needs
Cholesterol	59.5 mg · 20% of daily needs
Vitamin C	18.5 mg · 22% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/pasta-salad-with-fiddleheads-bacon-and-sun-dried-tomatoes-143512