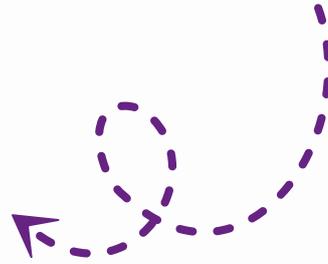


Cold Pasta Salad



Classification:

Everyday

Serves:

8

Prep. Time:

20 min

Cooking Time:

10 min

Ingredients:

- 250g wholemeal pasta (penne, spirals, bows or shells)
- 1 cup cherry tomatoes, halved
- 1 cup corn kernels
- 1 cup cucumber, diced
- 1 cup capsicum, diced
- 1 cup carrot, grated
- 2 spring onion, finely chopped
- ½ cup baby spinach or rocket, chopped
- 2 tbsp parsley or basil, chopped

Dressing (Optional):

- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp Dijon or wholegrain mustard
- ½ tsp honey
- Pepper to taste

Method:

1. In a small bowl or jar, combine dressing ingredients and whisk. Set aside while preparing the salad.
2. Cook pasta according to packet instructions until al dente (firm to the bite). Drain and rinse under cold water.
3. Combine cooled pasta, vegetables and herbs in a large bowl.
4. Pour dressing over the salad and toss gently to coat.
5. Refrigerate for at least 30 minutes before serving to allow flavours to develop.

Equipment:

- Knife
- Chopping board
- Mixing bowl
- Measuring cups and spoons
- Whisk
- Small bowl or jar

Tips and Variations:

- Use different capsicum varieties - red, green or yellow.
- Add protein filling - skinless chicken, ham, tuna, salmon, boiled egg, chickpeas, lentils or cheese.
- If making in bulk, omit dressing and add once ready to serve.
- Omit honey from dressing for a vegan option.