

Pasta Salad Recipe

100g pasta shapes (**not** Spaghetti, Tagliatelle or any other noodle style pasta)

3 or 4 vegetables From the list given:

1 Pepper (any colour)

1 Onion

4 Small Tomatoes

1 Small Tin of Sweetcorn

1 Lettuce or Mixed Salad Leaves

Half a Cucumber

1 Grated Carrot

1 Avocado



1 protein portion from the list (optional):

1 Tin of Tuna

1 Cooked Chicken Breast

4 Rashers of Cooked Bacon

50g Grated Cheese

2 Boiled Eggs

1 salad dressing, choose:

Pesto; 50g basil, 30g toasted pine nuts, 30g parmesan, 1 clove crushed garlic, 2 tablespoons olive oil

Vinaigrette; 1 clove crushed garlic, 1 teaspoon mustard, 1 tablespoon vinegar, 6 tablespoons olive oil

Handy Hints:

For extra flavour try adding black pepper for seasoning, some mixed herbs, chilli or lemon juice