

PASTA SALAD

PREP: 10 min **TOTAL:** 25 min **SERVES:** 4 to 6 as a side dish

INGREDIENTS:

For the base:



300g fusilli
pasta



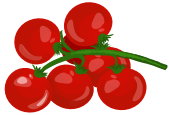
4 spring onions



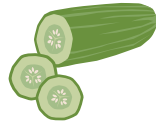
1 pepper, finely
chopped



150g tinned
sweetcorn, drained



250g cherry
tomatoes, cut
in half



½ cucumber, sliced in
half lengthways & cut
into half moons

For the lemon & herb dressing:



50ml oil



15ml lemon
juice



Handful of fresh
parsley, finely
chopped



Salt & pepper
to taste

INSTRUCTIONS:

1. Bring a large saucepan of water to a boil and cook the pasta following the manufacturer's instructions. Once the pasta is cooked, drain well in a colander and refresh with cold water (pour cold water on top of the pasta while in the colander until it cools down enough that will stop cooking). Drizzle some oil on the pasta and mix well to prevent it from sticking.

Prepare all the vegetables:

All vegetables used for salads should be thoroughly washed in cold water before using. The size to cut the vegetables into is completely up to you & your family's liking but ideally, you should not need a knife to eat a salad so bite-size pieces suit best.

2. Finely slice the spring onions.

3. Deseed the pepper & finely chop.

TIPS:



French dressing or vinaigrette:

Very simple to do, standard proportions are 1 part vinegar to 3 parts oil, for example, 1 tbsp of vinegar + 3tbsp of oil, then just mix together. You can change the flavours depending on the oil & vinegar you use. Traditionally made with white wine vinegar & olive oil but feel free to experiment with different vinegars and oils to find your favourite (or use whatever you have in your cupboards). You can add chopped fresh herbs to the vinaigrette to make it a herb one, and crushed garlic to make it a garlic vinaigrette. Add a bit of mustard & honey to make it a honey & mustard vinaigrette, a people pleaser with the sweetness of the honey. The best way to make & store vinaigrettes is in jars. Add all the ingredients to a jar, close with the lid, give it a good shake and, voila, ready to use & store in the fridge.



Make it gluten-free by using gluten-free pasta.

Otherwise, you can make it with rice instead of pasta or even with potatoes (I would recommend baby new potatoes, boiled and cut in half).



A great recipe to get the children involved, let them choose what vegetables they want and let them prepare their own salads (always under adult supervision, especially with the chopping/cutting of veg).

4. Cut the cherry tomatoes in half.

5. Slice the cucumber in half lengthways and then cut into thin half-moons.

6. Drain the sweetcorn:

Feel free to add any other vegetables that you have available, cooked garden peas, green beans or jar roasted peppers are also a great addition. This is a basic recipe and you can add or substitute vegetables to suit your taste.

7. Make the dressing:

Wash & finely chop the parsley. If you have it, grab a small jar, add the oil, lemon juice, salt & pepper and chopped parsley. Put the lid on, give it a good shake & voila, the dressing is ready!

8. Mix the pasta & vegetables together.

Serve the dressing on the side. If you would like to serve the salad with a different dressing, look at the tips for ideas.