

## **Pasta Salad**

### **Ingredients**

- ☐ 150g pasta shapes of your choice

**Choose 2 vegetables items, from the list below**

#### **Vegetables / Fruit**

- ☐ 1 small red, green, or yellow pepper
- ☐ 1 Small red onion
- ☐ 3 spring onions
- ☐ 1 tomato
- ☐ 1 small baby or Romaine lettuce
- ☐ 1/4 cucumber
- ☐ 50g sultanas
- ☐ 10 seedless grapes

**Protein foods (Optional) If you wish you can select one food from the list below**

- ☐ 100g cooked ham
- ☐ 1 tin tuna
- ☐ 100g pre-grated cheese
- ☐ 100g cooked chicken

**Dressing (the school will provide this)**

- ☐ Mayonnaise
- ☐ Salad cream
- ☐ Salad dressing

## **Method**

1. Bring a small saucepan of water to the boil and add the pasta. Simmer for about 8-10 minutes (check the packet instructions).
2. Use a chopping board and knife to carefully shred the lettuce.
3. Slice the tomato into four pieces.
4. Chop the cucumber into small chunks.
5. Peel and grate the carrot.
6. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
7. Place the pasta in the serving dish and stir in 1x15ml spoon of reduced-fat dressing.
8. Assemble the remaining ingredients over the pasta in layers.
9. Lastly, drizzle over the remaining dressing.