

Pasta salad

This recipe can use any type of pasta and any vegetables you have at home



Ingredients

100g pasta shapes

1 carrot

100g cooked chicken, tuna, cheese

$\frac{1}{4}$ lettuce

2 tomatoes

$\frac{1}{4}$ cucumber

2 tbsp. salad dressing



Equipment

Weighing scales

Saucepan

Chopping board

Knife

Vegetable peeler

Grater

Measuring spoons

Tablespoon

Colander

Serving dish



Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 8 – 10 minutes (check the packet instructions).



2. While the pasta is cooking, prepare the other ingredients:

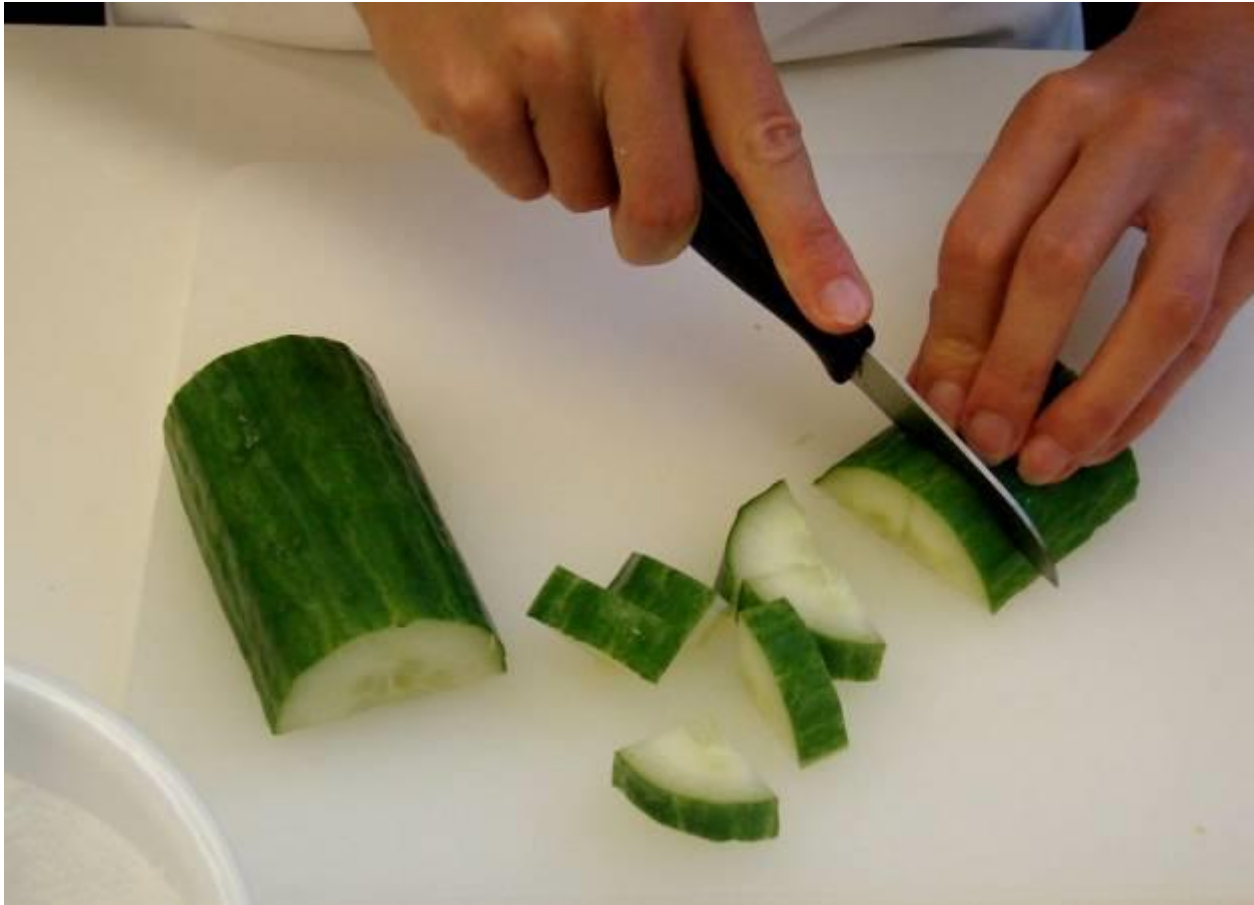
- wash and shred the lettuce;



- wash and slice the tomato;



- wash and dice the cucumber into small chunks;



- peel and grate the carrot;



3. 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.



4. Place the pasta in the serving dish and stir in 1 x tbsp spoon of dressing.



5. Assemble the remaining ingredients over the pasta in layers.



6. Lastly, drizzle over the remaining dressing.





Top tips

Vary the type of pasta and/or vegetables used.

Why not add some fruit, seeds or nuts?

Instead of cooked chicken, why not go for sliced ham, grated cheese, canned tuna, slices of boiled egg, or red kidney beans?