

A-B-C-D Pasta Salad, Artichoke, Bean, Celery and Dill

Ingredients

90g/3oz Loprofin Pasta Spirals
30ml/2 tablespoons vinaigrette dressing
150g/5oz Jerusalem artichokes, cooked
90g/3oz French runner beans, cooked
2 sticks celery, chopped
¼ each red and green pepper, diced
Dill, chopped
Salt and freshly ground black pepper



Method

1. Cook pasta in plenty of boiling water according to packet instructions until fully cooked. Rinse and drain.
2. Toss in vinaigrette dressing while hot to take up the flavours.
3. Meanwhile, in a separate saucepan, boil the artichokes for about 10 minutes until cooked. A wedge of lemon in the water will keep them all white.
4. Remove the peel and dice.
5. Add to the pasta with cooked beans, celery, pepper and chopped dill.
6. Season to taste and serve chilled on a bed of lettuce leaves for special effect.

This recipe was provided by Nutricia

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