

## **Pasta Salad with Tomato and Garlic Dressing**

### **Ingredients**

- 1 tablespoon vegetable oil
- 1 teaspoon salt, if permitted
- 180g/6oz Loprofin Pasta Spirals
- 90g/3oz cherry tomatoes
- 1 medium courgette
- 2 sticks celery
- 1 tablespoon chopped fresh basil

### **Dressing**

- 125ml/ ¼ pint tomato juice
- 2 teaspoons lemon juice
- 1 clove garlic, crushed
- 1 tablespoon chopped chives
- 2 tablespoon olive oil
- Salt and pepper

### **Method**

1. Three-quarters fill a large pan with water and bring to the boil, add the oil, salt and Loprofin Pasta Spirals. Return to the boil, stirring, reduce the heat slightly and cook for 8 minutes, stir occasionally to prevent pasta from sticking together.
2. Meanwhile, halve the cherry tomatoes, trim the ends off the courgette and cut into 1-1½cm (¼-½") chunks, slice the celery.
3. Drain the pasta and rinse well with cold water, drain thoroughly, transfer to a large bowl, add prepared vegetables and basil.
4. To make the dressing, place all the ingredients in a suitable sized screw top jar and shake well for 15 seconds. Pour the dressing over the pasta and vegetables, tossing lightly until thoroughly coated. Chill until required.



This recipe was provided by Nutricia



*National Centre for Inherited Metabolic Disorders*

