

Pasta Spiral Salad

Ingredients

120g/4oz Loprofin Pasta Spirals

½ green pepper, diced

1 tomato, chopped and deseeded

2 sticks of celery, chopped

60g/2oz broccoli, chopped into florets

1 carrot, grated

¼ cucumber, diced

Chopped parsley to garnish

Dressing

2 tablespoons white wine or balsamic vinegar

75ml/5 tablespoons olive oil

½ teaspoon clear honey

Salt & pepper

Method

1. Cook pasta as directed on a packet. Drain and rinse in cold water to prevent further cooking.
2. Prepare vegetables into bite-size pieces.
3. Mix pasta and vegetables in a large bowl.
4. Shake the dressing ingredients together until well mixed, and then pour over the salad. Toss well and sprinkle with the fresh parsley.
5. Transfer one serving into a plastic Tupperware container for packed lunch.

This recipe was provided by Nutricia