

Pasta Salad (serves 4)

An easy dish that offers huge variety through the ingredients chosen. You can try different combinations and use a range of pasta shapes and shells.

Cooking Aims:

To know how to safely cut fruit and vegetables (hard and soft).

To choose and arrange ingredients suitably.

Ingredients:

- 300g of chosen pasta
- Half a cucumber
- 2 salad tomatoes
- Pepper (Red or Yellow)
- 6 Sundried tomatoes
- Basil leaves



Optional: Feta cheese - Meat (chicken/salami) - Frozen peas (boil with pasta) - Onion

Dressing: 2 tbsp olive oil - lemon - 2 tsp white wine vinegar - salt and pepper

What we need to do:

- Bring a pan of water to boil. Add the pasta shells and cook for approximately 10 minutes.
- Meanwhile, prepare the ingredients - finely slice the cucumber, quarter the tomatoes and half the wedges (eighths), quarter the pepper and finely slice the pieces into strips (lengthways) and chop the sundried tomatoes into small pieces.
- Once the pasta has finished boiling, strain the water and run the pasta under the cold tap. Leave to finish cooling whilst preparing the dressing.
- To prepare the dressing, add the olive oil and white wine vinegar to a small jug. Then, squeeze in the juice of half a lemon. Finally, season with a small amount of salt and pepper, then mix.
- To finish, mix all the ingredients in a bowl with the pasta, drizzle over the dressing evenly and mix once more to coat.

CHALLENGE

Have a go at home and get an adult at home to send your final photos to us here at Classroom Kitchen! We'd love to showcase the healthy eating happening across the UK! You can find us on Facebook at www.facebook.com/classroomkitchen or on Twitter (@ClassroomK). Use the hashtag: #CKCookAtHome