

Sunset pasta salad

Serves 4



Ingredients (allergens in bold)

- 200g small **pasta shapes** – cooked
- 3 tablespoons sunflower oil
- 1 dessertspoon red or white wine vinegar
- 1 dessertspoon tomato ketchup
- 1 small carrot – peeled and grated
- 1 red pepper – de-seeded, sliced and diced
- ½ small cucumber – cut into sticks and diced
- 8 cherry tomatoes – quartered
- 75g reduced fat **Cheddar cheese** – diced

Method

1. Mix the oil, ketchup and vinegar in a measuring jug.
2. Prepare the vegetables and add them all - except the tomatoes to the bowl. Add the sunflower oil, ketchup and vinegar. Add the cheese and toss the ingredients together.
3. Add the pasta to the vegetable and cheese mixture, and stir to combine.
4. Turn the pasta into a serving dish and decorate with the quartered cherry tomatoes. Serve immediately.



Equipment

- saucepan
- sieve
- mixing bowl
- chopping board
- sharp knife
- tablespoon
- kitchen roll
- serving dish

Recipe notes and tips

- Raid the fridge to find other suitable ingredients to add – cooked chicken instead of cheese works well.
- Create alternative dressings – pesto flavoured French dressing would be nice.
- Mozzarella pearls could be used instead of the Cheddar cheese.