

THE LARDER PRESENTS..



REMEMBER: ALWAYS WASH YOUR HANDS THOROUGHLY BEFORE TOUCHING AND PREPARING FOOD

RAINBOW PASTA SALAD



15 mins



Serves 4



- 1 cup of pasta (fusilli)
- 1 cup of spinach (washed and chopped)
- 2 carrots (washed, peeled and chopped)
- 1 cucumber (washed and chopped)
- 1 red pepper (washed, deseeded and chopped)



- Cup (Measuring)
- Tablespoon (Tbsp)
- Chopping Board
- Sharp Knife
- Veg Peeler
- Saucepan
- Wooden Spoon
- Colander for draining (optional)
- Mixing Bowl
- Hob

INGREDIENTS

For the Dressing:

- 2 tbsp olive oil
- 4 tbsp lemon juice (optional)

ALLERGY INFO: RECIPE MAY CONTAIN OR COME INTO CONTACT WITH WHEAT, EGGS, PEANUTS, TREE NUTS AND MILK

EQUIPMENT



METHOD



**REMEMBER: ALWAYS
WASH YOUR HANDS
THOROUGHLY BEFORE TOUCHING
AND PREPARING FOOD**

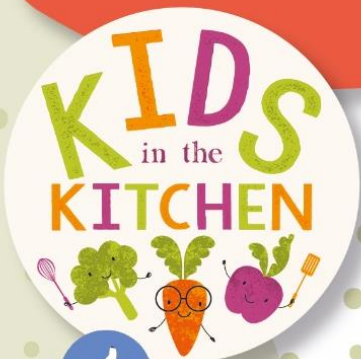
1. Gather together all the equipment and ingredients.
2. Prepare ALL vegetables (wash, peel and chop carrots; wash and chop cucumber; wash, deseed and chop pepper; wash and chop spinach).
3. Place the prepared vegetables aside in a mixing bowl.
4. Prepare the dressing: mix 2 tbsp olive oil with 4 tbsp lemon juice in a small bowl.
5. Cook pasta in boiling water for 10 minutes in the saucepan (check packet instructions for cooking time).
6. Drain the cooked pasta.
7. Mix the pasta with the rest of the prepared vegetables in a mixing bowl.
8. Pour the dressing over the pasta salad and stir well.

THE LARDER TOP TIPS:

- Serve immediately or store in an airtight container in the fridge for up to 3 days. It can be served at room temperature or cold.
- Feel free to mix things up and experiment with ingredients. Choose a fun pasta shape, add beans or cheese for extra fibre and protein, or get creative with veggies – try peas, sweetcorn, broccoli, spring onions or tomatoes! Let your own creativity be your guide.

LIKE AND TAG THE LARDER

SHARE YOUR PHOTOS OF YOU SHOPPING,
COOKING AND ENJOYING THE RECIPES



PLEASE TAG YOUR
PHOTOS WITH
#THELARDERKITK



THE
LARDER

LANCASHIRE AND REGION
DIETARY EDUCATION RESOURCE

LARDER.ORG.UK

THE LARDER, 50 LANCASTER ROAD, PRESTON, LANCASHIRE, PR1 1DD

[THELARDERLANCASHIRE](https://www.facebook.com/THELARDERLANCASHIRE) [@LARDERLANCS](https://twitter.com/@LARDERLANCS) [@LARDER_LANCS](https://www.instagram.com/@LARDER_LANCS)