Colourful pasta salad

This kid-friendly pasta salad is packed with lots of fresh veggies and pasta, which makes it a healthy, filling, colorful and delicious pasta salad that children will love!

Makes: 2 kids size portions • Preparation time: 25 minutes

Ingredients

- 50 grams (½ cup) uncooked pasta
- 40 grams (½ cup) fresh peas or frozen and cooked
- ½ red bell pepper, diced
- 40 grams (¼ cup) cooked sweetcorn
- 40 grams protein - such as cooked chicken, cheese, chickpeas, tuna or lentils

For the dressing:

- 1 tablespoon olive oil
- 2 tablespoons lemon juice (optional)

Method

1. Boil the pasta until soft (follow instructions on the packet, usually around 15 minutes).
2. In the meantime, cut and prep all your vegetables and add to a mixing bowl along with protein of your choice.
3. Drain the pasta and add it to the mixing bowl with the dressing.

Equipment

- Sharp knife
- Chopping board
- 1 saucepan
- Mixing bowl
- Hob
- Tablespoon
- Kettle

Top tips

- Experiment with different vegetables like, broccoli, green beans, etc.
- Add in dry or fresh herbs, like basil, parsley or oregano.