



PICK-ME-UP PASTA SALAD

This recipe serves 3 - 4

INGREDIENTS

- 500g wholemeal pasta (e.g. penne rigate) - cooked
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon sugar
- 25g fresh basil leaves - finely torn
- 2 garlic cloves - crushed
- 3 - 4 tomatoes - cut into wedges
- 100g Mozzarella cheese
- 2 - 3 slices of lean cooked ham
- ground black pepper - to season

EQUIPMENT

- mixing bowl
- garlic crusher
- tablespoon
- teaspoon
- chopping board
- sharp knife

HOW TO MAKE IT

1. Put the oil, vinegar and sugar in the mixing bowl. Add the garlic and mix well.
2. Add the pasta and basil leaves and stir to combine.
3. Cut the tomato wedges in half and add them to the pasta mixture.
4. Tear the Mozzarella cheese into small pieces and add it to the salad.
5. Serve with the ham sprinkled on the top.