



# Zucchini pasta salad

**Difficulty:** Easy

**Type:** Side or main dish

**Allergy advice:** Gluten

**Serves:** 20 tastes

**Recipe source:** The heart foundation

**From the garden:** Zucchini, cherry tomatoes, spring onions,

**Season:** Summer

## Equipment

- Large saucepan
- Colander
- Wooden spoon
- Salad spinner
- Chopping boards and mats
- Cooks knives
- Garlic crusher
- Citrus juicer
- Digital scales
- Vegetable peelers
- Measuring spoons
- Serving bowls
- Serving spoons

## Ingredients

- 350g pasta (wholemeal or pulse)
- 4 Tbsp. olive oil
- 60 grams of baby rocket or baby spinach (or 30 grams of each) washed
- 1 punnet cherry tomatoes halved or quartered
- 100g pitted black olives roughly chopped
- 2 spring onions thinly sliced
- 1 large red or yellow capsicum, thinly sliced then roughly chopped.
- 60g sundried tomatoes roughly chopped
- 2 medium zucchini peeled into thin ribbons with a vegetable peeler
- Juice of 1-2 lemons
- 1 teaspoon Dijon mustard
- 1-2 garlic cloves crushed
- Salt and pepper for seasoning
- Small handful of roughly chopped herbs

## **What to do:**

- 1. Place a large saucepan of water with 2 teaspoons of salt onto high heat to boil, and cook the pasta according to the directions on the packet. Meanwhile start preparing all the rest of your ingredients as per the ingredients list.**
  - 2. Once the pasta is cooked, have your parent helper safely drain the hot pasta and add to the large mixing bowl.**
  - 3. Add 2 tablespoons of olive oil to the cooled pasta and toss to coat the pasta.**
  - 4. Add the cherry tomatoes, zucchini, olives, spring onions, Baby rocket and spinach, herbs and the sun-dried tomatoes. Toss to combine.**
  - 5. To make the dressing, place the remaining olive oil, lemon juice, mustard and garlic into a dressing jar. Add salt and pepper, secure the lid and shake to combine the dressing. Now toss the dressing through the Pasta salad, add more olive oil if needed and serve!**
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