

# Summer Pasta



## Vegetable Pasta Salad

The weather is getting warmer and so children's activity levels increase. This vegetable pasta salad is perfect for getting plenty of vegetables and carbohydrates into the children's diet giving them more energy for play.

Serves 8- this dish can be served warm or cold

### Ingredients

300g wholemeal pasta  
1 green pepper, 1 inch cubes  
1 red pepper, 1 inch cubes  
1 yellow pepper, 1 inch cubes  
2tbsp olive oil  
1 courgette, sliced and quartered  
1 red onion, diced  
6oz mushrooms, chopped  
1 clove garlic, crushed  
5 tomatoes, roughly chopped

### Equipment

Large saucepan  
Large pan / wok  
Chopping board  
Sharp knife  
Serving spoon

### Method

1. Cook the pasta as per the instructions on the packet
2. Whilst the pasta is cooking wash and chop the peppers into 1 inch cubes
3. Add the oil to the pan / wok and add the garlic and the onion. Cook until translucent.
4. Add the peppers and courgette and cook for 2 minutes. Add the mushrooms and cook for another 2 minutes, stirring regularly.
5. Add chopped tomatoes and stir thoroughly.
6. Drain pasta and add to the vegetable mix. Remove from heat and serve.

Why not add some mixed herbs or black pepper for some extra taste or add some tinned tuna or chicken breast to pack in some protein!

## Mixed Bean and Pasta Salad

This recipe is very versatile and can be altered to fit any taste, why not experiment with different vegetables and herbs? A tasty meat free addition to this meal is tofu.

### Ingredients

- 1 x 220g tin mixed beans in water
- 75g wholemeal pasta
- 2 large tomatoes (diced)
- 2 large spring onions (sliced)
- ½ tsp mixed herbs
- Drizzle of olive oil

### Equipment

Pan  
Bowl  
Teaspoon  
Wooden Spoon

### Method

- Cook the pasta as per the instructions on the packet, once cooked leave to cool.
- Rinse the beans under cold water
- Add the beans, spring onions, tomatoes, mixed herbs and a drizzle of olive oil to the pasta and mix well!