



Crunchy Rainbow Pasta Salad

Pasta

one portion (smaller shapes such as Penne or Fusilli)

Dressing

(enough to coat the ingredients so the pasta salad is not too dry)

tomato pasta sauce

pesto mixed with a little yoghurt or soured cream

a drizzle of olive oil

a mixture of yoghurt or crème fraiche, mayonnaise and lemon juice

a bought French dressing or other similar salad dressing

Protein

(roughly as much as would fit in the palm of your hand)

cooked and cooled chicken, chopped

tinned tuna

chopped ham

a handful of cooked beans such as red kidney beans or pinto beans

cubes of cheese such as cheddar or mozzarella

Veggies

(enough to fill one to two tablespoons)

tinned sweetcorn

cooked and cooled peas

chopped pepper (any colour)

quartered cherry tomatoes

cubes of cucumber

chopped celery

chopped or grated raw carrot

This delicious, nutritious salad is so flexible that you can really use anything you happen to have in the fridge or cupboard. Perfect for using up leftovers and a yummy change from sandwiches.

Method

To make the salad, you will need a portion of cooked and cooled pasta. Pasta shapes are easier to eat than spaghetti or other pasta in 'strand' form. You can cook this from scratch, make some extra for dinner the night before or even use up leftover pasta with sauce (tomato or pesto-based sauces are more appetizing when cold than creamy or meat-based sauces).

To this, add one or two items from each of the lists on the left and below.

Simply mix all your chosen ingredients together well and pack into a plastic, sealable container. Don't forget to include a fork or a spoon! Try making double to feed more people or to save some for the following day. The salad will keep for a couple of days in an airtight container in the fridge but you should wait to add the dressing until the last minute.

Flavourings and Other Lovely Stuff

a little salt and pepper

a sprinkle of toasted seeds such as pumpkin, sunflower or sesame (see disclaimer)

a few chopped herbs - try basil, parsley or chives



Disclaimer

We hope the information on our website and resources is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Before sending potentially allergenic food with your child into school, you should also check the school's policy on foods such as nuts and seeds.

Remember, activities listed within the resource should always be supervised by an appropriate adult.