

Pasta salad



Serves 4

Ingredients

Pasta salad

- 500g packet of pasta
- 400g tin of four bean mix
- ½ red onion
- 1 small cucumber
- 1 handful of snow peas
- 1 bunch mint
- 1 bunch parsley

Dressing

- ½ cup of natural yoghurt
- 1 tbsp lemon zest
- 1 lemon juiced



Method

1. Bring a large pot of water to the boil. Cook pasta according to packet instructions. Drain pasta using a colander or sieve. Place cooked pasta into a large bowl.
2. Drain and rinse the can of mixed beans and add to the pasta.
3. Dice peeled onion and cucumber. Trim the ends off the snow peas and chop. Add to the bowl with other ingredients.
4. To make the dressing, add yoghurt, lemon zest and lemon juice into a jug or small bowl. Mix well and set aside.
5. Finely chop the parsley and mint and add to the pasta salad. Add the yoghurt dressing and mix well before serving.

Feeding Kids Tips

Serve a small amount of a new food to start with. If your child doesn't like it, not much is wasted, and the rest can go in the fridge to try again tomorrow.