

# PASTA SALAD

by  
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A small bowl of pasta makes  
a great healthy snack.

Makes 4 servings.

30  
mins



Ingredients

250g tomatoes  
50g feta cheese  
3 tbsp lemon juice  
2 small red onions  
bunch of basil  
100g spinach  
1/2 cucumber  
300g pasta

Equipment

bowl  
colander  
saucepan  
chopping  
board



Rolling a lemon  
on a hard  
surface makes it  
juicier. It breaks  
down the fibres  
inside the lemon.



Pasta is a starch. It's recommended that starchy foods make up about a third of our daily diet.



**1** Cook the pasta. Follow the instructions on the packet. Drain well.



**2** Cut vegetables into small pieces.



**3** Add vegetables and lemon juice to the hot pasta.



**4** Crumble the feta cheese.

Mix well  
and ENJOY.