

FARFALLE PASTA SALAD
with spring vegetables



Sign up to our [Foodclub](#) on [medifoods.co.nz](#) for more recipes and special offers!

FARFALLE PASTA SALAD

Serves 4

INGREDIENTS

— Available at Mediterranean Foods

- 400g De Cecco farfalle pasta
- 1 tablespoon of smooth dijon mustard
- Extra virgin olive oil to dress
- 1 small tin of preserved tuna in olive oil
- ½ cup of sliced sundried tomato
- Roughly chopped fresh basil
- ½ cup of blanched and refreshed peas
- 1 bunch of asparagus cooked 'al dente' and refreshed in cold water
- 100g green beans
- 1 cup of cubed carrots
- Zest and juice of 1 lemon
- Roughly chopped Italian parsley

METHOD

1. Cook the farfalle pasta in a large pot of simmering salted water.
2. Four minutes before the pasta is ready drop into the pot the carrots.
3. Drain and cool by spreading the pasta in a large tray and drizzle over some extra virgin olive oil to prevent it sticking together.
4. Add the rest of the ingredients and mix well.
5. Serve cool with basil, parsley and some more extra virgin olive oil on top.

Buon Appetito!

TAG US!

 @MEDIFOODSNEWTOWN

 @MEDIFOODS