





Italian Pasta Salad

with Salami

A light and flavourful dish with all the colours of Italy! Short pasta is tossed with crispy salami, capsicum strips, creamy bocconcini, rocket leaves and balsamic glaze.







Make a pesto!

Not a fan of rocket? Blend the leaves with parmesan cheese, lemon juice and olive oil to make a pesto. Toss it through the pasta salad to coat instead of using the balsamic dressing.

PROTEIN TOTAL FAT CARBOHYDRATES

115g

FROM YOUR BOX

SHORT PASTA	500g
RED ONION	1
SALAMI	100g
CHERRY TOMATOES	2 x 200g
RED CAPSICUM	1
CHERRY BOCCONCINI	200g
ROCKET LEAVES	120g

FROM YOUR PANTRY

oil and butter for cooking, salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

frypan, saucepan

NOTES

Slice and add the capsicum to cook with salami and onion if you prefer!

You can whisk together 2 tbsp olive oil and 2 tbsp balsamic vinegar to make a dressing if preferred.

No gluten option - pasta is replaced with GF pasta.





1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** to boiling water and cook according to packet instructions or until al dente. Drain and rinse with cold water. Set aside.



2. COOK THE SALAMI

Heat a frypan over medium-high heat with oil. Slice onion and salami. Add to pan along with 2 tsp dried oregano. Cook for 6-8 minutes until onion is soft and salami is crispy (see notes).



3. PREPARE THE SALAD

Meanwhile, halve **cherry tomatoes**. Thinly slice **capsicum** and drain **bocconcini**. Add to large salad bowl.



4. MAKE THE DRESSING

Reduce pan heat to medium (see notes). Add 3 tbsp butter. When butter foams, add 3 tbsp balsamic vinegar and 3 tbsp water. Simmer for 1 minute.



5. FINISH AND SERVE

Toss cooked pasta with salad ingredients, salami, dressing and **rocket leaves**. Season with **salt and pepper**. Serve at the table.





