

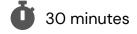




Antipasto Pasta Salad

with Grilled Courgettes

Legume pasta tossed with grilled sliced vegetables, cherry tomatoes and antipasto mix from Kitchen 2 Kitchen. Tossed in a shallot dressing and finished with almond parmesan.





2 servings



Make it warm!

Pan-fry the halved cherry tomatoes. Add the spinach and dressing. Reserve 1/2 cup pasta water when draining and add to frypan with pasta and grilled vegetables. Toss well and sprinkle with almond parmesan.

TOTAL FAT CARBOHYDRATES

35g

FROM YOUR BOX

LEGUME PASTA	1 packet
SHALLOT	1
COURGETTES	2
ТОМАТО	1
BABY SPINACH	1 bag (60g)
ANTIPASTO MIX	1 packet
ALMOND PARMESAN	1 packet (40g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano

KEY UTENSILS

large grill/frypan, saucepan

NOTES

You can grill the vegetables on the barbecue if preferred.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions. Drain pasta and run under cold water.



2. MAKE THE DRESSING

Finely dice shallot and add to a bowl with 2 tbsp olive oil, 1 tbsp balsamic vinegar, 1/2 tsp oregano, salt and pepper. Whisk together and set aside.



3. GRILL THE VEGETABLES

Heat a grill/frypan over medium-high heat with oil. Slice courgettes. Toss with oil, salt and pepper. Add to grill and cook for 3-4 minutes each side until tender. Remove to a board and slice into strips (see notes).



4. TOSS THE VEGETABLES

In a large bowl toss together sliced courgettes with diced tomato, spinach and antipasto mix.



5. ADD THE PASTA

Add pasta and dressing to the bowl, mix well. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve pasta salad in bowls and sprinkle with almond parmesan.



