



VEGETARIAN PASTA SALAD

WITH ITALIAN DRESSING

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 40 minutes

This warm vegetarian pasta salad is chock full of roasted veggies. The tangy Italian-style dressing makes a perfect combination with the salty feta. Yum!



ROASTED VEGGIES

- 200g button or Swiss brown mushrooms (7oz)
- 1 red capsicum
- 1 red onion
- 3 cloves garlic
- 4 tsp olive oil
- 1 bunch asparagus (250g)
- 1/4 cup olive oil (60ml)
- 2 tsp sugar
- 1 tsp Italian herbs
- 1/2 tsp garlic powder

PASTA SALAD

- 300g dried pasta spirals (10.6oz)
- 120g baby spinach (4.2oz)
- 100g feta cheese (3.5oz)

DRESSING

- 1/4 cup lemon juice (60ml)

1. COOK VEGGIES

Preheat oven to 220°C (430°F) fan bake and line a large oven tray with baking paper. Wipe mushrooms clean with a paper towel and cut in half (or quarters for large ones). Dice capsicum into 2cm/0.8in pieces. Chop onion into wedges and crush garlic.

2. Arrange mushrooms, capsicum and onion on tray. Sprinkle over garlic and drizzle with 3 teaspoons oil. Season with salt and pepper. Using your hands, toss to combine then arrange in a single layer. Bake for 15 minutes.

3. Trim ends off asparagus and cut asparagus spears into thirds. Drizzle with remaining teaspoon oil and season with salt and pepper (these get added to the tray later).

4. MAKE DRESSING

Place dressing ingredients in a jar and shake until well combined. Season generously with salt and pepper.

5. COOK PASTA

Bring a large saucepan of salted water to the boil. Add pasta and cook for 10 minutes (or as per instructions on the packet), until al dente.

6. COOK ASPARAGUS

At this point, veggies should have cooked for 15 minutes. Scatter asparagus over the top and cook for a further 10 minutes.

7. ASSEMBLE AND SERVE

Drain pasta and return to saucepan. Add spinach, roasted veggies and dressing and toss until well combined. Crumble in the feta. Season with extra salt and pepper (if needed). Serve warm or cold.



WINE MATCH: A Sauvignon Blanc.

VEGETARIAN PASTA SALAD RECIPE NOTES

GLUTEN-FREE OPTION: Use your favourite gluten-free pasta (weight may be different - choose an amount suitable for 4 serves).

INGREDIENT SWAPS / NOTES: Other great veggies to add or substitute: courgettes, eggplant, sundried tomatoes, olives. Flavoured feta is a nice option - I used sundried tomato flavoured.

MAKE IT MEATY: For a meaty option, add some chunky diced salami or shredded chicken.

STORING AND REHEATING: If you know you'll be having leftovers, set these aside before serving. Mix in half of the reserved dressing and save the rest to add just before serving. Reheat in the microwave or eat leftovers cold.