

Recipe- Healthy Vegetable Sprout Salad

Recipe- Baked Potato Jacket/ Spud

Recipe- Pasta Salad

Pasta Salad



Ingredients

Pasta 1 cup
Broccoli 1 medium flower
Mushroom 2 cups
Capsicum 1 small
Baby Carrot 1 cup
Olives 2 tbsp
Garlic Sauce 2 tsp
Red Chilli Flakes 2 tsp
Crushed Black pepper 1 tsp
Chilli Vinegar Seasoning 1 tbsp
Salt 1 tsp or as per taste
Olive Oil 2 tbsp

Method

- Boil the pasta in a salty water, wash with cold water and apply 2 tsp olive oil. Keep aside (Fig 1).
- Wash and cut broccoli in medium size flowers.
- Take broccoli in a microwave safe bowl fill with water and add a pinch of salt.
- Microwave for 2 minutes.
- Drain broccoli and keep aside.
- Wash and cut mushrooms lengthwise and keep aside.
- Wash and cut capsicum lengthwise and keep aside.
- Wash and cut baby carrot in to 4 lengthwise. Take in a microwave safe bowl fill with water and add a pinch of salt.
- Microwave for 2 minutes. Drain and keep aside.
- Roughly chop olives and keep aside.
- Now In a large pan take 1 tbsp of olive oil and heat on high flame.
- Add broccoli and toss for a minute.
- Add baby carrot and toss for few minutes.
- Add mushrooms and capsicum, toss well.
- Partially cover the pan and let the vegetables cook for 2-3 minutes (Fig 2).
- Now add 1 tsp red chili flakes, salt and pepper. Toss well.
- Now add pasta, 1 tsp chili flakes, chili Vinegar Seasoning and garlic sauce (Fig 3).
- Toss well on high flame.
- Switch off the flame and cover the pan for 2-3 minutes.
- Serve hot.



Tips

You may use your choice of vegetables.

If you do not have Chilli Vinegar Seasoning, add some chilli and mixed herbs to some vinegar and use it.

“Be Vegetarian be Happy”