

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”