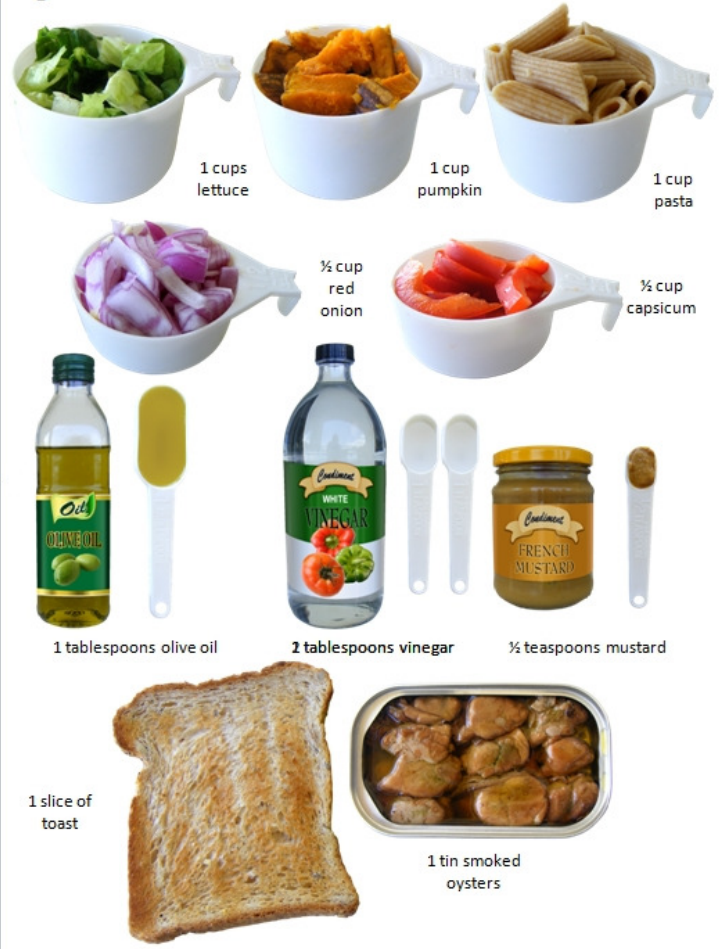


# Pasta salad - Feeds 2



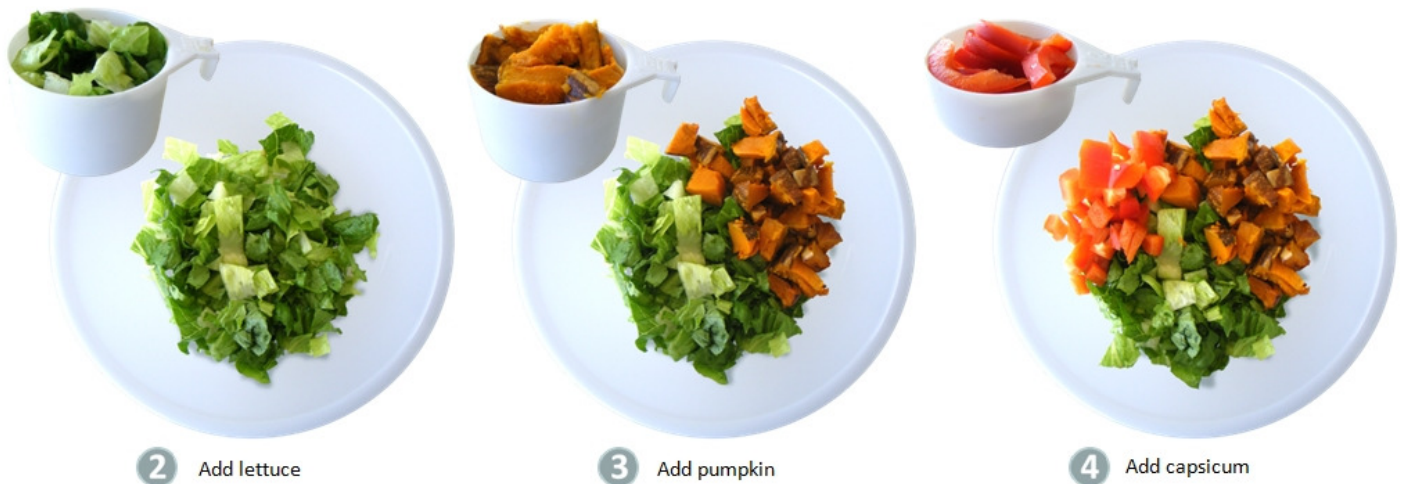
## Ingredients



## Equipment



### 1 Prepare dressing





5 Add red onion



6 Add pasta



7 Add dressing



8 Mix

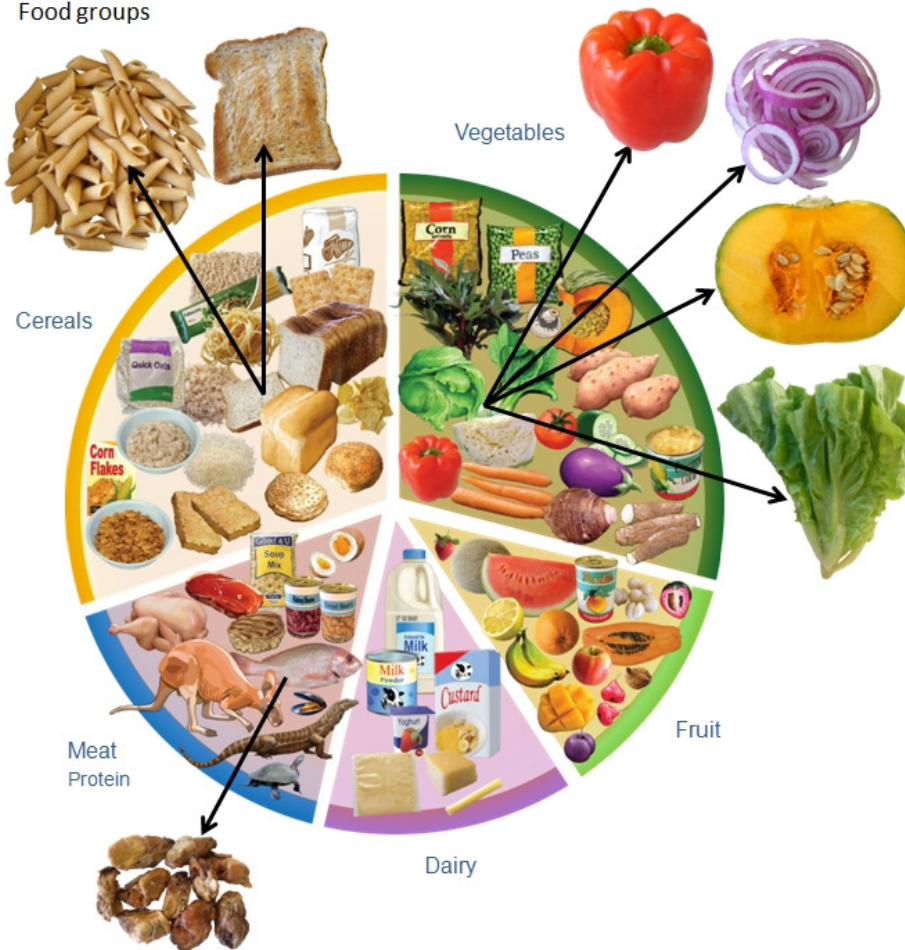


9 Place half of the salad on a plate



10 Serve with toast and smoked oysters

Food groups



Serves for pasta salad with toast & oysters

**Vegetables**  
Total serves 2½ serves

- 1 serve of capsicum & red onion
- ½ serve lettuce
- 1 serve pumpkin

1 serve of toast

½ serve pasta

½ serve smoked oysters

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

### **Key skills:**

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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