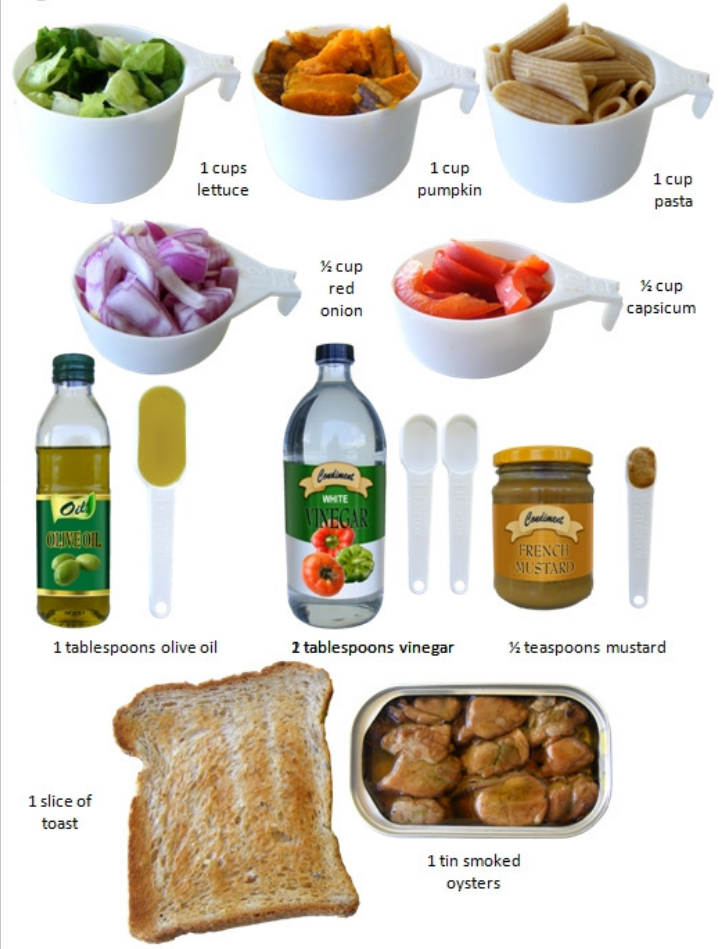


Pasta salad - Feeds 2



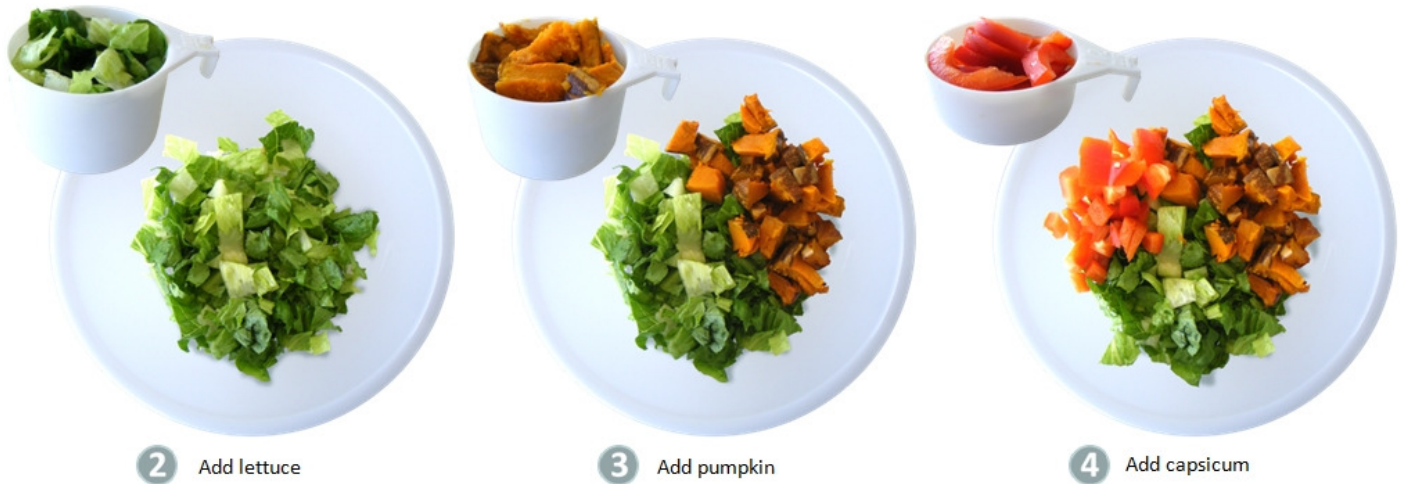
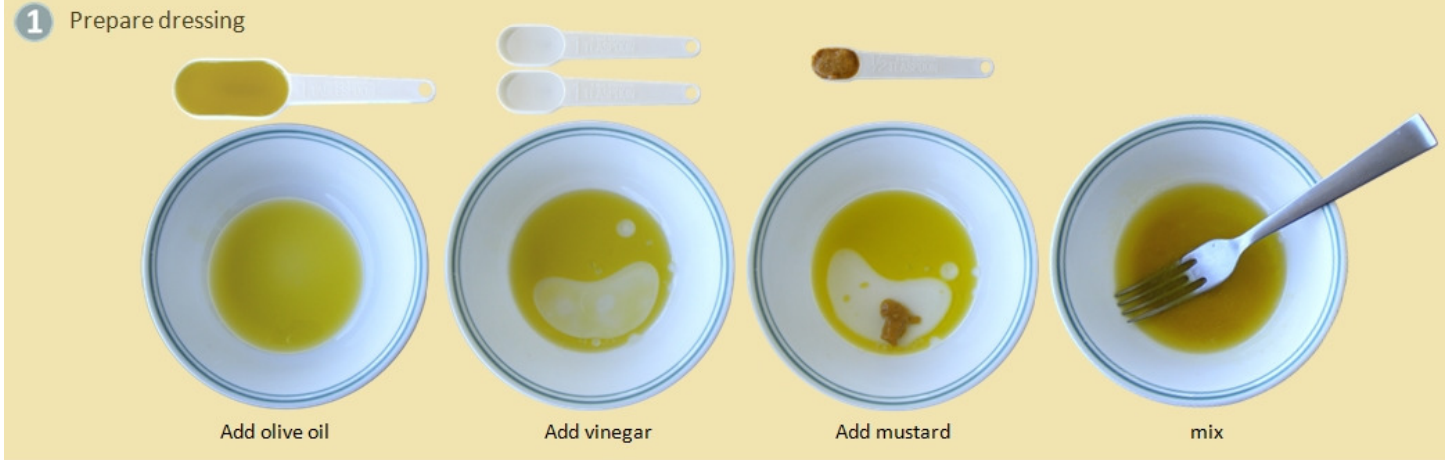
Ingredients



Equipment



1 Prepare dressing





5 Add red onion



6 Add pasta



7 Add dressing



8 Mix

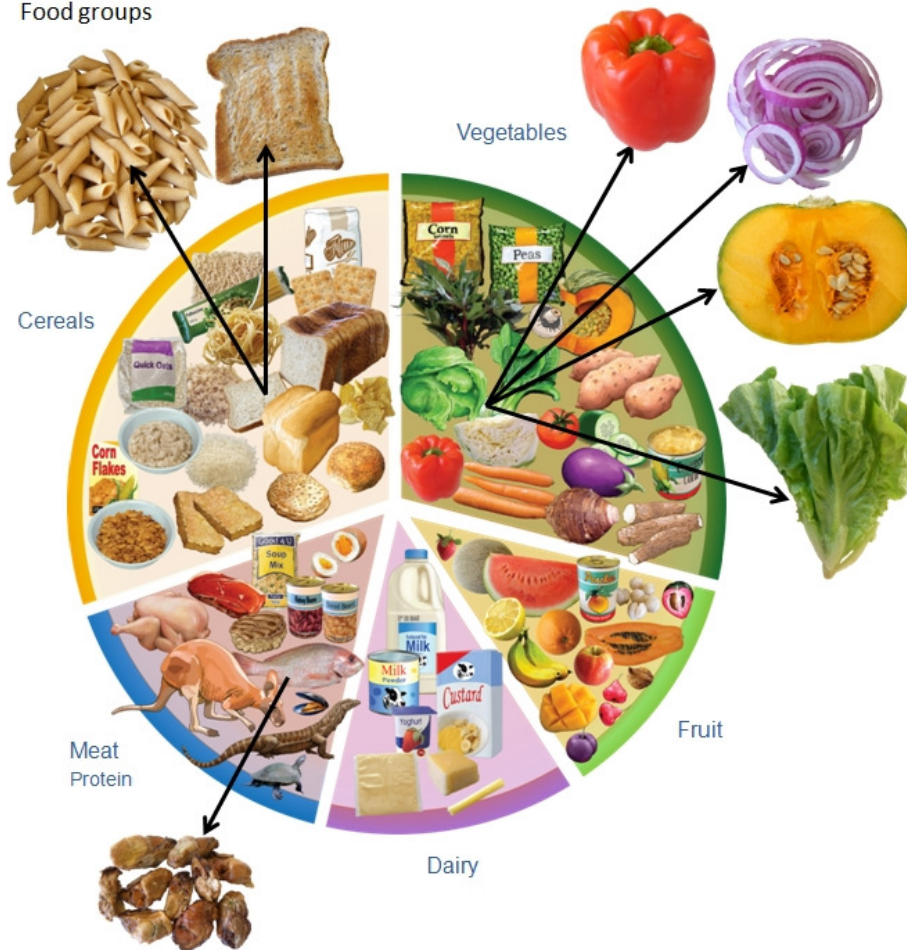


9 Place half of the salad on a plate



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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