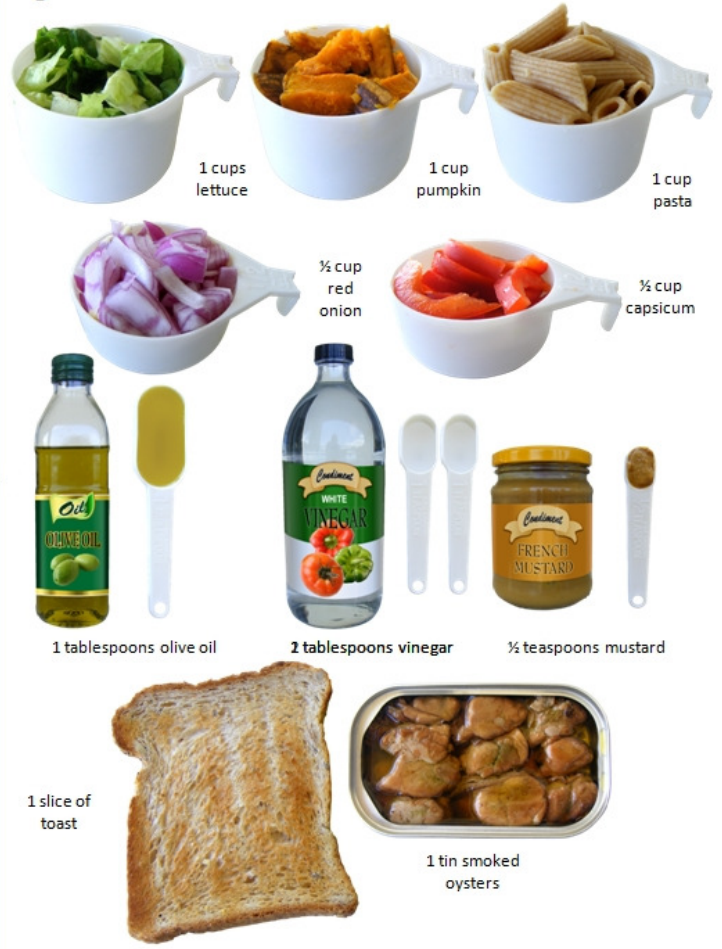


Pasta salad - Feeds 2



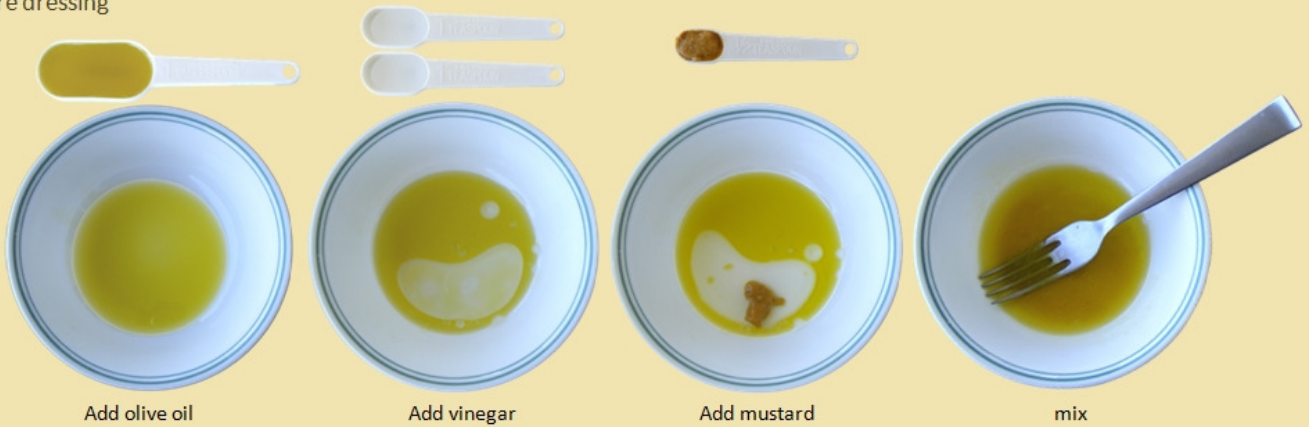
Ingredients



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

Good food plate



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 at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

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.

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