



VEGETABLE PASTA SALAD WITH A CREAMY PESTO DRESSING

Season: Spring
From the garden: Beetroot, parsley, spinach, snow peas, spring onion, celery, silverbeet
Type: Dinner
Difficulty: Moderate
Country of origin: Italy
Serves: 6 serves or 30 tastes
Source: Andrea Habacht, GTT kitchen specialist, Oropi School

Equipment

- *chopping board and knife
- *bowls and mixing spoons
- *baking tray
- *large saucepan
- *colander

Ingredients

- *2 medium beetroot
- *handful of snow peas
- *small bunch of spring onion
- *a few celery sticks
- *big handful of spinach
- *1 red onion
- *2 tbsp oil
- *1 tsp dried oregano
- *1 tsp salt and pepper to taste
- *extra salt for pasta water
- *400 g dried pasta (any smallish shape)
- * $\frac{1}{3}$ cup sour cream

For the pesto:

- *food processor
- *big handful of mixed greens and/or herbs
- * $\frac{1}{2}$ cup grated cheese

***2 tbsp toasted sunflower seeds**

*** $\frac{1}{4}$ vegetable oil**

***1 clove garlic**

***pinch of salt**

Method:

1.preheat oven to 200 degrees

2.bring a large saucepan of water to the boil, add a teaspoon of salt and cook the pasta until al dente. Drain the pasta and set aside

3.cut the beetroot into even sized small cubes, then peel and slice the red onion thickly

4.add the beetroot and onion into a bowl with the oil, dried oregano, salt and pepper and mix

5.spread them on a lined baking tray and put them in the oven to roast for around 25 minutes until tender and browned

6.slice all the other vegetables

7.for the pesto, add all the ingredients into the food processor bowl and blitz until smooth. Add a bit more oil if it looks too dry, taste and adjust seasoning if necessary

8.add the vegetables, pasta, pesto and sour cream into a large salad bowl and mix to combine

Skills: *measuring, chopping, grating, using a food processor*