



## CONFETTI SPAGHETTI (PASTA SALAD WITH SUMMER VEGETABLES)

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|---------------------------|---|
| <b>Season:</b>            | <b>Summer, autumn</b>   |
| <b>From the garden:</b>   | <b>Tomatoes, cucumber, courgette, corn, basil, parsley, spinach</b> |
| <b>Type:</b>              | <b>Main</b>   |
| <b>Difficulty:</b>        | <b>Easy</b>   |
| <b>Country of origin:</b> | <b>Italy</b>  |
| <b>Serves:</b>            | <b>6 serves or 30 tastes</b>  |
| <b>Source:</b>            | <b>GTT</b>  |

### Equipment

- \*chopping board and knife
- \*salad bowl and mixing spoon
- \*measuring spoons
- \*large saucepan
- \*colander
- \*frying pan
- \*wooden spoon
- \*measuring cup

### Ingredients

- \*2-3 tomatoes
- \*1 small cucumber
- \*1 small courgette
- \*2 cobs of corn
- \*handful of fresh herbs
- \*handful of spinach
- \*500 g dried pasta
- \* $\frac{1}{4}$  cup mayonnaise
- \* $\frac{1}{4}$  sour cream
- \*1 tbsp lemon juice
- \*salt and pepper to taste
- \*oil for frying

### Method

1.cook the pasta in plenty of salted water until al dente, drain and rinse with cold water, then set aside

- 2.cook the corn (with the husk on) in the microwave for around 5 minutes. Let it cool, then peel and cut off the kernels**
- 3.dice the tomatoes, cucumber and courgette into even sized, small cubes**
- 4.add the tomatoes, cucumber and corn into a salad bowl**
- 5.fry the courgette in a little oil until lightly browned (don't overcook or the courgette will go too soft)**
- 6.chop the parsley and pull spinach and basil leaves off their stalks**
- 7.add the cooked pasta, herbs, spinach and courgette into the salad bowl, measure the dressing ingredients into the bowl and mix**

**Note: Any pasta shape can be used**

**Skills: *measuring, chopping***