



LUNCH

ITALIAN PASTA SALAD

WITH DRIED TOMATOES AND OLIVES

I. Cook the pasta according to the instructions and then let it cool down a little.

II. Dice the dried tomatoes and the feta cheese and place them in a bowl together with the rocket, olives, pine nuts and the pasta.

III. For the dressing mix all the ingredients and pour over the salad.

GIVE IT A TRY:

Exchange the sheep's cheese for mozzarella or parmesan and add a pesto of your choice to the dressing.

INGREDIENTS:

100g wholewheat pasta
1 handful of arugula
3tbsp olives
3tbsp dried tomatoes
50g feta cheese
1tbsp pine nuts

Dressing:

1tsp basil pesto
1tbsp balsamico bianco
salt, pepper



Preparation time: 15min