

RECIPE 12



Ages 5-7

PASTA SALAD WITH ROASTED VEG

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Delicious roasted vegetables combined with pasta for a tasty lunchbox treat. Makes 4 main course servings.

How to make it

1. Cook the pasta in boiling water until just soft (al dente). Drain and allow to cool, then transfer to a mixing bowl.
2. Heat the oven to 200°C/Gas 6. Prepare the onion, peppers, courgettes, cherry tomatoes and garlic and place on a baking tray. Drizzle with olive oil and roast in an oven for approximately 30 minutes until softened and turning brown and crispy on the edges.
3. Fold together the pasta and roasted vegetables. Mix the mayonnaise and pesto and use it to coat the pasta and vegetables.
4. Arrange the basil leaves on top of the salad. Serve immediately.

Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

Per 311g serving

ENERGY	1100kJ / 263kcal	13%
FAT	13.8g	20%
SATURATES	1.5g	8%
SUGARS	10.6g	12%
SALT	0.2g	3%

% of an adult's reference intake
Typical values per 100g : Energy 354kJ / 85kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (311g)
Energy	354kJ / 85kcal	1100kJ / 263kcal
Protein	1.9g	6.1g
Carbohydrate (of which sugars)	8.5g (3.4g)	26.5g (10.6g)
Fat (of which saturates)	4.4g (0.5g)	13.8g (1.5g)
Fibre	1.4g	4.4g
Salt	0.1g	0.2g

Ingredients

- 1 red onion, peeled and chopped
- 2 courgettes, washed and sliced
- 1 red pepper, de-seeded and diced
- 1 yellow pepper, de-seeded and diced
- 1 orange pepper, de-seeded and diced
- 8 cherry tomatoes
- 1 garlic clove, peeled and crushed
- 50ml olive oil
- 200g penne pasta or fusilli, cooked
- 2 tablespoons mayonnaise (light)
- 1 tablespoon tomato pesto
- Fresh basil leaves to garnish

Equipment

Saucepan, colander, sharp knife, chopping board, garlic crusher, baking tray, mixing bowl, tablespoon

Show the children

- How to test that pasta is correctly cooked (eat a piece to feel for al dente)
- The bridge and claw knife techniques
- How to drizzle oil
- What roasting involves and what it can be used for
- How to combine the ingredients thoroughly but gently
- How to garnish and serve the salad

Under supervision, children can:

- Cut the vegetables into even-sized pieces using the bridge and claw techniques
- Drizzle the veg with oil
- Mix the dressing and salad ingredients
- Arrange, garnish and serve the salad

Skills

Bridge and claw knife techniques, beating ingredients together for salad dressing, garnishing



CREATE A MORE SUBSTANTIAL MEAL BY ADDING GRILLED CHICKEN OR BACON LIKE IN THE PICTURE OVERLEAF.