



# HEALTHY QUICK PESTO PASTA SALAD RECIPE



☰ Prep: 5 mins  
🕒 Cook: 15 mins  
🍴 Serves: 4  
★ ★ ★ ★ ★

## Ingredients

- ▲ 250 g high-fibre or wholegrain pasta
- ▲ 3 tbs basil pesto
- ▲ 500 g cherry tomatoes, halved
- ▲ 1 x 400g can artichokes, drained and chopped
- ▲ 120 g rocket or baby spinach

## Method

1. Bring a medium-sized saucepan of water to the boil, add pasta and cook for 10-12 minutes or according to packet instructions.
2. Drain well and add to serving bowl and mix through pesto while pasta is warm.
3. Add remaining salad ingredients, toss until well combined. Serve immediately or enjoy cold the next day.

**Variation:** Other Mediterranean ingredients that work well in this salad include chargrilled eggplant, roast capsicum, sundried tomatoes, olives and shredded basil.



**Ingredients**

**Serving Suggestion:** Serve with a source of protein to make a complete meal eg. cooked chicken, fresh or tinned fish, white beans, bocconcini or nuts.

## Nutrition Information

	per serving	per 100g
<b>Energy</b>	1459 kJ	487 kJ
<b>Protein</b>	11.9 g	4 g
<b>Fat, total</b>	10.6 g	3.5 g
— saturated	1.7 g	0.6 g
<b>Carbohydrate</b>	46.6 g	15.6 g
— sugars	3.6 g	1.2 g
<b>Sodium</b>	229 mg	76 mg
<b>Fibre</b>	8.3 g	2.8 g