

Greek Pasta Salad

Serves: 6

Prep time: 15 minutes

Cook time: 10 minutes



1 serve per portion

Ingredients

2 cups wholemeal penne pasta

3 tablespoons olive oil

1 tablespoon Italian herbs

1 lemon, juiced

1/4 cup parmesan cheese

1 tablespoon garlic powder

1 tablespoon onion powder

4 cups (120g) spinach leaves

250g punnet cherry tomatoes, cut in half

1/2 small red onion, finely diced

1/2 cup kalamata olives, pitted and chopped

1 Lebanese cucumber, diced

Optional: 500g cooked chicken, shredded

Salt and pepper

Method

BOIL pot of water and add pasta. Cook for around 10 minutes or according to packet directions.

MIX olive oil, Italian seasoning, lemon juice, parmesan, garlic and onion powder in the bottom of a large bowl.

ADD pasta and stir until coated in dressing.

STIR in spinach, tomatoes, onion, olives and cucumber and toss to combine. Optional: mix in the shredded chicken.

SEASON with salt and pepper to taste and serve.



Everyday Food

Recipe courtesy of the Country Kitchens team

