

Mediterranean pasta salad

This makes a great packed lunch. With all the Mediterranean flavours, it's a nice alternative to sandwiches.

Serves 3

Prep 15 minutes

Cook 10 minutes

INGREDIENTS

225g dried pasta shapes
10 cherry tomatoes, quartered
10 black olives, sliced
quarter cucumber, chopped
half red onion, thinly sliced
40g Feta cheese, crumbled
15g pine nuts, toasted
1 tbsp olive oil
1 tbsp balsamic vinegar
handful basil leaves

METHOD

1. Cook the pasta according to the pack instructions. Drain and refresh under cold water.
2. Toss the pasta together with the remaining ingredients and serve.

Chefs tips

- To toast pine nuts, add them to a dry frying pan over a medium heat, mix regularly for a couple of minutes until starting to brown then remove from pan immediately to stop them cooking further.
- For a gluten-free version, replace the pasta with a tin of chickpeas.