

Pastas

AVOCADO VEGETABLE PASTA SALAD



- 3 Avocados, peeled and cut into chunks
- 600 ml Pasta screws, cooked as per instructions
- 300 ml Broccoli florets (blanched and chilled)
- 100 ml Carrots, cut into julienne strips
- 200 ml cocktail tomatoes, cut in halves
- 1 Onion, chopped
- 1 Green pepper, diced
- 1 Yellow pepper, diced
- 35 ml Vinegar
- 180 ml Olive oil
- 30 ml Lemon juice
- 80 ml Honey
- 5 ml Salt
- 5 ml Paprika
- 5 ml Dry mustard powder
- Thyme

Mix broccoli, carrots, onion soaked in 5ml vinegar, green and yellow peppers in a bowl and put aside. In another bowl, whisk the remaining vinegar, olive oil, lemon juice, honey, mustard powder and paprika until well mixed and chill for 30 minutes. Add avocados and vegetable mix to the pasta and add the dressing. Fold until well mixed.
