

# Cheesy Pasta Salad

The cheesy lunchbox extravaganza

CHEESE MAKES A  
*Difference*

to  
Summer  
Salads



Serves 4 | Prep time: 15 min | Cooking time: 10



# Cheesy Pasta Salad

## The cheesy lunchbox extravaganza

PACKED LUNCHES NEEDN'T ALWAYS BE DULL SANDWICHES. THIS TASTY PASTA SALAD CAN BE EASILY TRANSPORTED IN AN AIRTIGHT TUB AND EATEN WITH A SMALL SPOON OR FORK. TODDLERS WILL LOVE THIS DISH TOO AS IT CAN ALSO BE EATEN EASILY WITH FINGERS.

### INGREDIENTS

225g pasta shapes  
50g Cheshire cheese  
50g Red Leicester cheese  
50g baby corn  
50g cucumber  
50g cherry tomatoes  
50g frozen peas, thawed  
100g fromage frais  
1 tbsp tomato ketchup  
Freshly ground black pepper

### METHOD

1. Cook the pasta in plenty of boiling water for 10 minutes or as directed on the packet. Drain and refresh under running cold water. Drain again.
2. Place the pasta in a large bowl and crumble the Cheshire cheese into the bowl.
3. Cut the red cheese into small dice and add to the bowl.
4. Slice the baby corn thickly, cut the cucumber into dice (for very young children you may wish to peel the cucumber and remove the seeds as these are less digestible) and halve the cherry tomatoes.
5. Add to the bowl with the peas and toss together to combine.
6. Mix together the yogurt, ketchup and season with a little pepper if liked, drizzle over the salad and toss to combine.

### COOK'S TIPS

You can vary the vegetables you add to the pasta to suit your child's likes and dislikes. Try cherry tomatoes or blanched green beans or carrots. You could also add a little chopped ham or chicken to the salad.

### NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

341kcal | 15.6g protein | 47g carbohydrate of which 5.6g sugars | 11.5g fat of which 6.6g saturates | 3.5g dietary fibre | 404mg sodium equivalent to 1g salt | 202mg calcium | 275mg phosphorus | 0.4µg vitamin B<sub>12</sub>

