



Layered Pasta Salad

Ingredients

100g pasta shapes
1 carrot
100g cooked sliced chicken
1 baby gem lettuce
1 tomato
¼ cucumber
2 x15ml spoons low fat dressing



Equipment

Weighing scales, saucepan, chopping board, knife, vegetable peeler, grater, measuring spoons, tablespoon, colander, serving dish.



Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 8 – 10 minutes (check the packet instructions).



2. While the pasta is cooking, prepare the other ingredients:

- shred the lettuce;



- slice the tomato;



- peel and grate the carrot;



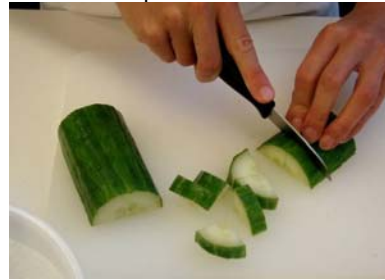
4. Place the pasta in the serving dish and stir in 1 x 15ml spoon of dressing.



6. Lastly, drizzle over the remaining dressing.



- chop the cucumber into small chunks;



3. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.



5. Assemble the remaining ingredients over the pasta in layers.



