

# Recipe- Red Sauce Pasta Salad

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# Recipe- Baked Vegetable Pasta (in White Sauce)

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# Recipe- Spaghetti Cup Cake

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# Recipe- Pasta Salad

## Pasta Salad



## Ingredients

Pasta 1 cup

Broccoli 1 medium flower

Mushroom 2 cups

Capsicum 1 small

Baby Carrot 1 cup

Olives 2 tbsp

Garlic Sauce 2 tsp

Red Chilli Flakes 2 tsp

Crushed Black pepper 1 tsp

Chilli Vinegar Seasoning 1 tbsp

Salt 1 tsp or as per taste

Olive Oil 2 tbsp

## Method

- Boil the pasta in a salty water, wash with cold water and apply 2 tsp olive oil. Keep aside (Fig 1).
- Wash and cut broccoli in medium size flowers.
- Take broccoli in a microwave safe bowl fill with water and add a pinch of salt.
- Microwave for 2 minutes.
- Drain broccoli and keep aside.
- Wash and cut mushrooms lengthwise and keep aside.
- Wash and cut capsicum lengthwise and keep aside.
- Wash and cut baby carrot in to 4 lengthwise. Take in a microwave safe bowl fill with water and add a pinch of salt.
- Microwave for 2 minutes. Drain and keep aside.
- Roughly chop olives and keep aside.
- Now In a large pan take 1 tbsp of olive oil and heat on high flame.
- Add broccoli and toss for a minute.
- Add baby carrot and toss for few minutes.
- Add mushrooms and capsicum, toss well.
- Partially cover the pan and let the vegetables cook for 2-3 minutes (Fig 2).

- Now add 1 tsp red chili flakes, salt and pepper. Toss well.
- Now add pasta, 1 tsp chili flakes, chili Vinegar Seasoning and garlic sauce (Fig 3).
- Toss well on high flame.
- Switch off the flame and cover the pan for 2-3 minutes.
- Serve hot.



### **Tips**

You may use your choice of vegetables.

If you do not have Chilli Vinegar Seasoning, add some chilli and mixed herbs to some vinegar and use it.

**“Be Vegetarian be Happy”**