

# nourish

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## **Mediterranean Pasta Salad**

4 cups (250g) wholemeal pasta  
1 small red onion, finely diced  
1 red capsicum, quartered and deseeded  
1 cup fresh basil, chopped  
1/3 cup sun dried tomatoes, diced  
1/3 cup Kalamata olives, sliced  
1/4 cup pine nuts, lightly toasted  
75g (1/2 cup) feta, crumbled (optional)  
400g (or 200g cooked) can borlotti beans, rinsed and drained

### **Dressing:**

1 clove garlic, crushed  
2 tablespoons lemon juice  
2 tablespoons balsamic or red wine vinegar  
2 teaspoons Dijon mustard  
3 tablespoons extra virgin olive oil

### **Method:**

1. Cook pasta until al dente. Drain and place in a large bowl. Pour dressing over pasta and stir through. Refrigerate until cold.
2. Preheat grill to high. Place capsicum pieces, skin side up, under grill. Grill until skin is blackened and blistering. Place in a plastic bag for 5 minutes. Remove from bag and peel off skin. Dice and add to pasta.
3. Toss remaining ingredients through pasta.

**Dressing:** Place all dressing ingredients in a jar and shake until well combined.

### **Alternatives:**

1. You can use 1/4 cup grated Parmesan in place of the feta if desired.
2. Use cannellini beans instead of borlotti beans.
3. Use cherry tomatoes in place of the sun dried tomatoes.