

Italian Salad With Pasta Shells

Equipment needed –

1 large bowl, scissors, small bowls, clean tea towels, small knives, chopping boards, vegetable peelers and 3 serving platters.

Ingredients from the Garden –

- 6 cups chopped salad leaves
- 2 cups chopped fresh tomato
- 1 green capsicum washed, deseeded and finely chopped
- 1 cup chopped fresh basil
- 200 grams of feta cheese crumbled
- 1 red onion finely chopped

Ingredients from the Pantry –

- Italian herbs
- Sugar
- Salt and pepper
- Olive oil
- Red wine vinegar
- 200 grams of feta cheese - crumbled
- Jumbo pasta shells, cooked and cooled

Dressing

- 6 tablespoons of olive oil
- 4 tablespoons red wine vinegar
- 2 teaspoons mixed Italian herbs
- ¼ teaspoon sugar
- Salt and pepper to taste

What to do –

1. Wash and finely chop the tomatoes into very small pieces. Place in the large mixing bowl.
2. Wash and dry the salad, using a salad spinner. Finely chop the salad into very fine pieces, and place in the large mixing bowl.
3. Wash and dry the basil. Finely chop the basil using scissors and place in the mixing bowl.
4. Peel the cucumber and finely chop into small pieces. Place into the large mixing bowl.
5. Peel and finely chop the red onion. Place into the large mixing bowl.
6. Wash and finely chop the green capsicum and add to the large mixing bowl.
7. Measure out 200 grams of feta cheese and crumble into the bowl with the other vegetables.
8. Mix all of the vegetable together in the large bowl.
9. To make the dressing, measure out 6 tablespoons of olive oil, 4 tablespoons of red wine vinegar, 2 teaspoons of mixed Italian herbs, and a ¼ teaspoon of sugar into a jar. Season with salt and pepper, put on the lid tightly and shake well to combine.
10. Add the dressing to the salad and toss well to combine.
11. Spoon the salad mixture into the pasta shells.
12. Arrange the pasta shells on 3 serving platters.

Serves –

- 28 students.