

## Cooking on a budget

**Lunch: pasta, potato and tomato salad Cost: £1.44 serves 2 people, 72p per serving**

This quick and easy pasta salad is perfect for lunches and picnics. It is just as tasty cold, so can be made a day in advance.

### **Ingredients: serves 2**

- 100g fusilli pasta
- 100g new potatoes
- 1/2 spring onions
- 6 radishes
- 2 tomatoes
- ¼ cucumber
- 1/2 Red pepper
- 50g spinach
- 70g sour cream
- 2 eggs
- 2g Chopped flat leaf parsley

### **Method**

- Cook the pasta and drain.
- Cut the potatoes in half. Boil until cooked.
- Boil the eggs for 8 mins. Transfer to bowl of cold water to cool.
- Heat a pan and add the spinach and cook for a couple of minutes until limp.
- Crack and peel the shells from the eggs.
- Finely chop the parsley, onions and Red pepper. Quarter the radish, cucumber, tomatoes and eggs.
- Reserve the eggs and a small amount of each type of vegetable and herb to go on top of the salad at the end. Add the rest of the ingredients to a large mixing bowl. Mix well and season to taste.
- Add content of the mixing bowl into a salad bowl. Add the reserved vegetables and herb on top along with the egg to make a colourful salad. Can be served hot or cold.



**Allergens:**

**Pasta- cereals containing gluten**

**Sour cream – milk**

**Eggs**