

A complete meal that bursts with colours, textures and flavours

Ingredients

Pasta (any small shaped pasta: shell, elbow, fusilli, penne...): 250 g

Toasted cashews: 50 g

Cherry tomatoes, (halved) or normal ripe tomatoes cut into cubes: 350 g

Red pepper, deseeded and cut into cubes: 1

Spring onions: 5

Black olives: 12

Any green salad leaves: 1/2 a bunch

Mozzarella, cut into small pieces (grilled or dry fried): 200 g

Parmesan cheese, grated (for garnish): according to preference

How to make... Italian salad

Written by Jaghee John

Ingredients for salad dressing

Extra virgin Olive oil: 5 tbsp

Balsamic vinegar: 2 tbsp

Garlic (grated):1 big clove

Dried Italian seasoning: 1/2 to 3/4 tsp (according to your taste)

Salt and pepper: according to taste

Method

Cook the pasta in lightly salted water till al dente (cooked so that its tender and firm to the bite). Drain and rinse under cold running water and drain again. Keep aside.

Make the dressing by mixing all the dressing ingredients together in a bowl. Cover and set aside.

Mix all the salad ingredients together and drizzle over the salad dressing. Garnish with parmesan cheese. Serve.

[http://www.thehindu.com/features/metroplus/Food/how-to-make-italian-salad/article6748761.](http://www.thehindu.com/features/metroplus/Food/how-to-make-italian-salad/article6748761)

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