



Recipe Category / Salads

Pasta salad

20'
Hands on

2-4
Portion(s)

1
Difficulty



Ingredients

- 100 g peas, frozen
- 1 cucumber
- 1 tomato, small
- 1 carrot
- 1 sprig(s) celery
- 1/4 bunch parsley
- 200 g fusilli pasta, boiled
- 2 tablespoon(s) olives, rounds
- 150 g [homemade mayonnaise](#)
- salt
- pepper

To serve

- 2 tablespoon(s) [croutons](#)
- parsley, finely chopped

Method

- Thaw the peas by running them under cold water. Drain and transfer the peas to a large [bowl](#).
- Cut the cucumber and the tomato into cubes, and add them to the bowl.
- Cut the carrot into rounds, finely chop the celery, the parsley, and add them to the bowl along with the boiled fusilli pasta and the olives.
- Add the mayonnaise, salt, pepper, and mix well.
- Serve with the croutons and sprinkle with finely chopped parsley.

Διατροφικός πίνακας

Nutrition information per portion

398 Calories (kcal)	30.0 Total Fat (g)	2.4 Saturated Fat (g)	24.0 Total Carbs (g)
20%	43%	12%	9%
5.6 Sugars (g)	5.7 Protein (g)	4.6 Fibre (g)	0.75 Sodium (g)
6%	11%	18%	13%