



# LOVES FOOD

## SPINACH PASTA SALAD

### INGREDIENTS:

500g pasta of your choice	1 large red bell pepper
2 large carrots peeled and chopped	2 cups of frozen corn
Half a teaspoon of black pepper	1 large green bell pepper
3 tablespoons of cooking oil	Half a teaspoon of salt
5 leaves of raw spinach	6 tablespoons of mayonnaise
2 cups of frozen peas	1 teaspoon of dried parsley
1 teaspoon of thyme	

### METHOD:

1. Boil your pasta with a tablespoon of cooking oil. Once cooked, drain and rinse to remove all the boiling water and keep the pasta from sticking together.
2. Clean and chop the peppers and carrots into small cubes to match the size of the corn and peas
3. Rinse and drain frozen corn and frozen peas.
4. Fold each spinach leaf in half and chop off the white rib. Once this is done for all leaves, cut the spinach into small square pieces by putting them on top of one another and slicing several times from the top the bottom and then across.
5. In a large dish, place your fully drained pasta, and vegetables, including the chopped raw spinach. Mix this all together.
6. Add mayonnaise, salt, pepper, thyme and dried parsley.
7. Mix this thoroughly until the pasta is well coated in the mayonnaise.
8. Note that you can add a tablespoon of less or more mayonnaise depending on your taste.

### SERVING SUGGESTION

This pasta salad is an easy go-to for potlucks, bring and braais or easy grills at home on a hot summer's day. An easy win for kids and adults alike.

Enjoy!

With love,  
From Famous Warrior's kitchen