



## LIGHTER PESTO PASTA SALAD

---



1 serving



15 minutes

### INGREDIENTS

1 large tomato, deseeded and diced  
1 spring onion (scallion), finely chopped  
A few basil leaves, roughly torn  
Grating of Parmesan cheese, plus extra to serve  
Pinch of dried chilli flakes  
2 tablespoons thick natural yogurt (0% fat)  
1 heaped tablespoon green pesto  
1 teaspoon garlic paste  
Zest and juice of 1 unwaxed lemon 60g (2¼oz)  
Dried pasta of choice  
80g (2¾oz) protein of choice, such as cooked chicken breast, sliced, or cooked peeled prawns (shrimp)  
Handful of rocket (arugula) leaves  
Salt and pepper

### DIRECTIONS

1. In a bowl, combine the tomato, spring onion, basil, Parmesan and chilli flakes. Mix well and set aside.
2. To make the pesto dressing, in another small bowl, mix the yogurt with the pesto, garlic paste and lemon zest and juice, and season with salt and pepper to taste. Whisk until well combined.
3. Cook the pasta in a pan of boiling salted water, according to the packet instructions.
4. When the pasta is cooked to your liking, drain, reserve 1-2 tablespoons of the pasta cooking water and add it to the bowl with the tomato mixture. Mix well.
5. Pour the pesto dressing over the pasta, add the tomato mixture, and toss until everything is well coated and combined.
6. Fold in your choice of protein and the rocket, ensuring they are well distributed throughout the salad.
7. Serve the pasta salad with an extra flourish of freshly grated Parmesan on top.

*Under 350kcal, 15g protein*