

# Pasta Salad with Eggs & Asparagus



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes, Vegetarian



## Ingredients

- 8 hard boiled eggs, quartered
- 350g orichiette
- 1 bunch asparagus, trimmed and halved
- 100g sugar snap peas
- 2 cups baby rocket
- 1 tablespoon chopped dill

- 1 tablespoon chopped basil
- 2 tablespoons chopped mint
- 1 tablespoon slivered almonds, toasted
- 75g goats cheese, crumbled
- Dressing –
- ¼ cup extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon wholegrain mustard
- salt and cracked black pepper

Method

1. Cook the pasta in a large saucepan of boiling salted water according to packet instructions or until al dente. Drain and set aside to cool.
2. Blanch the asparagus and sugar snap peas in a saucepan of boiling water then plunge into iced water. Drain and set aside.
3. To make the dressing, place the oil, vinegar, mustard, salt and pepper in a bowl and whisk until combined.
4. Place the pasta in a large bowl with the asparagus, sugar snap peas, rocket, herbs and slivered almonds. Add the dressing and toss gently to coat the pasta salad evenly. Arrange in serving bowls and top with goats cheese and boiled eggs. Scatter with extra herbs if desired.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
319g	2930kJ 700kcal	32.5g	35.3g	9.7g	60.3g	4.3g	414mg	4.9g

All nutrition values are per serve.