

SUMMER SALADS

Recipe Book



Angelo's
Fresh Pasta Products
SINCE 1968



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ABOUT THE CHEF - SHELLEY JUDGE

making healthy food tasty and fun

BE THE HEALTHIEST YOU //////////////////////////////////////

Shelley is a passionate Foodie, avid photographer and founder of Shelley's Good Eats. She is a qualified Nutritionist with a Bachelor of Food Science and Nutrition and is currently furthering her study with a Masters in Public Health Nutrition.

Tired of hearing the nutrition advice that is confusing and even sometimes harmful, Shelley founded Shelley's Good Eats to promote and help others build a healthy relationship with food. She strives to clarify nutrition for the community through education workshops, nutrition consultations and recipe development. She loves to put a healthy twist on the classics that she learnt to cook as a young kid.

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BEETROOT AND FETA PASTA SALAD

with mustard vinaigrette

////////// INGREDIENTS

2 medium beetroots
75g feta
2 tbsp. mint, shredded
1 tbsp. seeded mustard
3 tbsp. olive oil
1 tbsp. lemon juice
1 packet of Angelo's
spelt Alla Contadina

METHOD //////////

Preheat the oven to 180C.

Cut the beetroot into 1cm cubes and then place on a baking tray. Roast in the oven for 25mins. Remove from oven and allow to cool.

Meanwhile, cook pasta as per instructions on the packet. Once cooked, drain and rinse pasta well. Allow to cool. In a bowl, combine cooled pasta, beetroot, crumbled feta and mint. In a separate bowl, whisk mustard, olive oil and lemon juice together. Drizzle the mustard vinaigrette over the pasta salad.

Nutrition Tip:

Spelt is an ancient grain that is high in fibre and contains significantly more protein and B vitamins than wheat.



Serving suggestion

ANTIPASTO PASTA SALAD

////////// INGREDIENTS

1.5 cups tomato pasata
2 tbsp. balsamic vinegar
50g kalamatta olives,
halved
75g prosciutto, thinly
sliced
50g artichoke hearts
8 basil leaves, shredded
1 packet of Angelo's Ricotta
& Spinach Tortelloni

METHOD //////////

Combine the tomato pasata and balsamic vinegar in a saucepan over a medium heat. Bring mixture to the boil, and simmer for another 15mins. Remove from heat and set aside to cool.

Meanwhile, cook the pasta as per instructions on the packet. Once cooked, rinse thoroughly to remove excess starch and allow to cool.

In a large bowl, combine the pasta, prosciutto, olives, sliced artichoke hearts and basil leaves. Finally, mix in the pasata sauce.

Nutrition Tip:

Not only is balsamic vinegar great for flavour, it packs a nutritional punch. It is high in polyphenols and antioxidants, which improves immunity and fights against cell damage.



Serving suggestion

ASPARAGUS AND LEMON PASTA SALAD

////////// INGREDIENTS

- 100g asparagus
- 1 Lebanese cucumber, thinly sliced
- ½ cup almonds, roughly chopped
- Rind of 1 lemon
- Juice of 1 lemon
- 4 tbsp. olive oil
- 1 tsp. salt
- 1 packet of Angelo's Rigatoni

METHOD //////////

Cook pasta as per packet's instructions. In the last 2 mins of cooking, add the asparagus to the saucepan. Drain pasta and asparagus and rinse well. Allow to cool completely.

Meanwhile, prepare the dressing. In a small bowl whisk the lemon juice, lemon rind, olive oil and salt. Cut the each asparagus stalk into 3 pieces. Then in a large bowl, combine pasta, asparagus, cucumber and almonds. Finally, drizzle the dressing over the pasta.

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Nutrition Tip:

Asparagus is high in vitamins A, C, E and K. It is also a great source of chromium, which helps to maintain blood glucose levels.



Serving suggestion

AVOCADO AND SALMON POTATO GNOCCHI SALAD

////////// INGREDIENTS

- 1 avocado
- ½ cup cottage cheese
- 2 tbsp. parsley, shredded
- 1 clove garlic
- 2 tsp. chilli flakes
- 1 packet of Angelo's spinach gnocchi
- 100g cherry tomatoes, quartered
- 1 cob of corn, kernels removed
- 100g tinned salmon, cartilage removed
- ½ red onion, finely chopped

METHOD //////////

Cook the gnocchi as per the instructions. Drain the pasta, rinse thoroughly and allow to cool.

In food processor or high speed blender, blend the avocado, cottage cheese, garlic, parsley and chilli flakes until smooth.

In a large bowl, coat the gnocchi in the avocado sauce. Finally, add in tomatoes, corn kernels, flaked salmon and red onion.



Serving suggestion

Nutrition Tip:

Avocado and salmon are great sources of healthy omega 3 fatty acids. Omega 3 reduces inflammation, which is great for joint pain, hypertension and even depression.

PESTO CHICKEN PASTA SALAD

////////// INGREDIENTS

1 bunch of basil
1/3 cup pine nuts
1/3 cup olive oil
1 inch parmesan cheese,
grated
1 chicken breast (or left
over roast chicken!)
1 tsp. paprika
1 tbsp. lemon juice
75g sundried tomatoes,
shredded
1 packet of Angelo's
Duck Egg Alla Contadina

METHOD //////////

In a food processor, add the basil, pine nuts, olive oil and parmesan. Process on high for 2mins or until a paste forms.

Cook the pasta as per the instructions. Once cooked, rinse and allow to cool completely.

Meanwhile, prepare the chicken. If using breast, cut the breast into 3 pieces. Then fill a saucepan with water and bring to the boil, add in paprika, lemon juice and chicken. Cook for 20mins. Once cooked and cooled, use two forks to shred the chicken. In a large bowl, combine pasta, chicken and sundried tomatoes. Finally, coat it in the pesto mixture.



Serving suggestion

HARISSA SPICED CARROT PASTA SALAD

with a yoghurt dressing

////////// INGREDIENTS

- 2 long red chillies
- 1 capsicum
- 2 garlic cloves, crushed
- 1 tsp. ground cumin
- 1 tsp. smoked paprika
- 1 tsp. ground coriander
- 1 tbsp. olive oil
- 1 bag of Angelo's Wholemeal Fettuccine
- 500 g baby carrots
- 1 pomegranate
- 4 tbsp. Greek yoghurt
- 1 tbsp. tahini
- 3 sprigs fresh mint

METHOD //////////

Remove the seeds from the capsicum and spread the capsicum out on a small baking tray, lined with baking paper. Roast the capsicum at 180C for 20mins. Meanwhile, prepare the chillies by removing the seeds. Add the chillies, garlic, cumin, paprika, coriander and olive oil to a food processor. Process on low for 2 mins. Remove the capsicum from the oven and add to the food processor, process on high for another 2 mins. or until relatively smooth. (This can be made ahead of time and kept in the fridge for 3 days or frozen for up to 3 months)

Prepare the carrots by cutting into thin slices. On a baking tray, toss the carrots with 2 tbsp. Harissa and then roast at 180C for 20mins. Remove from the oven and allow to cool. Meanwhile, prepare the pasta as per packet instructions. When it is done, rinse thoroughly with cold water then set aside to dry. In a small bowl, combine the Greek yogurt and tahini.

ASSEMBLY //////////

In a large serving bowl, combine the pasta, carrots, half of the pomegranate seeds, and the remaining harissa mixture. Drizzle with the yoghurt mixture and sprinkle with remaining pomegranate seeds and fresh mint leaves to garnish.



Nutrition Tip:

Wholemeal pasta is a great nourishing alternative. With much more fibre than white flour, wholemeal will keep you fuller for longer!

ROAST PUMPKIN AND ROCKET PASTA SALAD

////////// INGREDIENTS

- 500g pumpkin
- 1 pinch salt
- 1 tbsp. dried basil
- 1 packet of Angelo's Raviolini
- 2 cups baby rocket
- ¼ cup pine nuts
- 2 tbsp. olive oil
- 1 tbsp. lemon juice

METHOD //////////

Cut the pumpkin into small cubes – no need to peel the pumpkin for this recipe! Lay the pumpkin out on a baking tray and sprinkle with salt, dried basil and 1 tbsp. olive oil. Bake in the oven for 20mins at 200C. Remove from oven and allow to cool. Meanwhile, prepare the pasta as per packet instructions. Be sure to rinse cooked pasta thoroughly in cold water, then allow to cool.

Toast the pine nuts lightly in a small frying pan, until golden brown.

ASSEMBLY //////////

In a large bowl, combine pasta, pumpkin, rocket and pine nuts. Drizzle with olive oil and lemon juice.

Nutrition Tip:

Pumpkin is high in Vitamin A, a natural antioxidant, providing amazing benefits for skin and eye health.



Serving suggestion

EGGPLANT AND PUMPKIN PASTA SALAD

////////// INGREDIENTS

- 1 large eggplant
- 1 red capsicum
- 1 tsp paprika
- 1 packet of Angelo's Pasta Pumpkin Ravioli
- 100g fresh baby rocket
- 50g ricotta
- 3 tbsp olive oil
- 1 tbsp balsamic vinegar

METHOD //////////

Preheat oven to 180C. Slice the eggplant and capsicum into 1cm wide pieces. Place on a lined baking tray and drizzle with 1 tbsp. olive oil and paprika. Bake in oven for 20mins.

Meanwhile, cook the pasta as per the packets instructions. Once cooked, drain and allow to cool completely.

In a large bowl, combine the pasta, eggplant, capsicum, rocket and crumbled ricotta. Then drizzle the olive oil and balsamic vinegar over the top.



Serving suggestion

BACON MUSHROOM PASTA SALAD

////////// **INGREDIENTS**

- 1 small onion, finely diced
- 2 cloves garlic, crushed
- 6 rashers bacon – fat removed and diced
- 300g mushrooms, sliced
- 1 cup peas
- 1 tbsp butter
- 1 bag of Angelo's Pasta Beef Tortellini
- Fresh parsley to serve

METHOD //////////////////////////////////////

Melt the butter in a large frying pan, and then add the onion and garlic. Cook for 2mins on medium heat or until onion becomes transparent. Add the bacon and cook for a further 3 mins. Finally, add the sliced mushrooms and cook for another 10mins on a low heat, or until mushrooms have browned and softened. If using frozen peas, remove from the freezer to thaw.

Meanwhile, cook pasta as per packet instructions. Once cooked, drain and rinse thoroughly and then allow to cool.

Once pasta has cooled, combine pasta, bacon mixture and thawed peas in a large bowl. Sprinkle with fresh parsley to serve.



Serving suggestion

SUMMER SALMON PASTA SALAD

////////// INGREDIENTS

100g smoked salmon,
thinly sliced
25g capers
2 sprigs of fresh dill
60g goat's cheese
1 small red onion, finely
diced
2 tbsp olive oil
1 tbsp white wine vinegar
salt and pepper to taste
1 packet of Angelo's Pasta
Free Range Egg Tagliarini

METHOD //////////

Cook the pasta as per packet instructions. Once cooked, drain and rinse, then allow to cool completely.

In a small bowl, mix oil, vinegar, salt and pepper, then set aside. Place the pasta in a large bowl then mix through the salmon, capers, dill, goat's cheese and red onion. Finally, drizzle over dressing, and sprinkle with more dill to serve.



Serving suggestion

MASHED PUMPKIN AND CHICKPEA PASTA SALAD

////////// INGREDIENTS

500g pumpkin
1 tbsp olive oil
1 tbsp dried basil
1 can (400g) chickpeas,
drained.
400g cherry tomatoes,
quartered
2 tbsp natural yoghurt
1 tbsp tahini
salt and pepper to taste
1 packet of Angelo's Pasta
Cracked Pepper Fettuccine
fresh basil to serve

METHOD //////////

Preheat the oven to 200C. Slice the pumpkin into 1inch thick discs. Place on lined baking tray, drizzle with oil and basil. Then bake in oven for 20-25mins or until soft. Remove from oven and allow to cool.

Meanwhile, cook pasta as per packet instructions. Once cooked, drain and rinse pasta thoroughly, then set aside to cool.

Using a fork, scrape pumpkin away from the skin, then in a small bowl, combine pumpkin, yoghurt, tahini, salt and pepper.

In a large bowl, combine the pasta, cherry tomatoes and chickpeas. Liberally coat the pasta in the pumpkin mixture. Sprinkle with fresh basil to serve.



Serving suggestion

ITALIAN CAPRESE PASTA SALAD

////////// INGREDIENTS

- 5 roma tomatoes
- 75g fresh bocconcini
- ½ cup fresh basil leaves
- 1 packet Angelo's Pasta Beetroot Fettuccine
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar

METHOD //////////

Firstly, prepare pasta as per packet instructions. Once cooked, drain and rinse thoroughly, then set aside to cool.

Slice the tomatoes into thin wedges. In a large bowl, mix the tomatoes and basil through the pasta, then roughly rip the bocconcini and mix through the pasta. Finally, drizzle with oil, balsamic vinegar, and salt and pepper to taste.



Serving suggestion



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