



HEART-HEALTHY RECIPE

Pasta salad

WITH PEAS, FETA & HAM



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A **fresh and colourful pasta salad** with **crunchy vegetables**, ham and a creamy curry dressing. Ideal for **lunch, lunchboxes** or as a **barbecue side dish**.



Method

Curry dressing

Whisk together the ylette, curry powder, olive oil, lemon juice and water. Season to taste with salt and pepper.

Pasta salad

Cook the pasta according to the packet instructions. Drain, rinse under cold water and leave to cool completely.

Dice the ham. Finely slice the spring onions. Quarter the tomatoes, dice the cucumber and slice the radishes. Tear the lettuce into bite-sized pieces. Shell the peas if using fresh, and roughly chop the dill.

Mix the pasta with the dressing, ham, spring onions, tomatoes, cucumber, radishes, peas and dill. Season to taste, adding a little extra lemon juice if needed. If the salad seems dry, stir through a splash of water.

Fold in the lettuce just before serving and finish with the crumbled feta.



Ingredients

Serves 4

Curry dressing

- 200 ml ylette (or low-fat cultured yoghurt)
- 2 tsp curry powder
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 tbsp water
- Salt and freshly ground black pepper

Pasta salad

- 350 g wholewheat pasta
- 150 g cooked ham
- 1 bunch spring onions
- 250 g cherry tomatoes
- ½ cucumber
- 1 bunch radishes
- 1 head of lettuce (such as Frillice or Little Gem)
- 500 g fresh peas in pods or 200 g frozen peas
- 1 bunch dill
- 100 g feta