



**SOUTH AFRICAN PASTA SALAD**  
**BY CHEF CAREY ERASMUS**

*Thank you South  
Africa Campaign*

**Nutrition Facts Per 100 Grams of Pasta:** Calories 717, Protein 17g, Carbs 119g, Fat 22g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 10 min, **Cooking Time:** 10 min



**INGREDIENTS**

Small Pasta Shells (250 grams)

Olive Oil

Onion

South African Curry Powder

Green Pepper

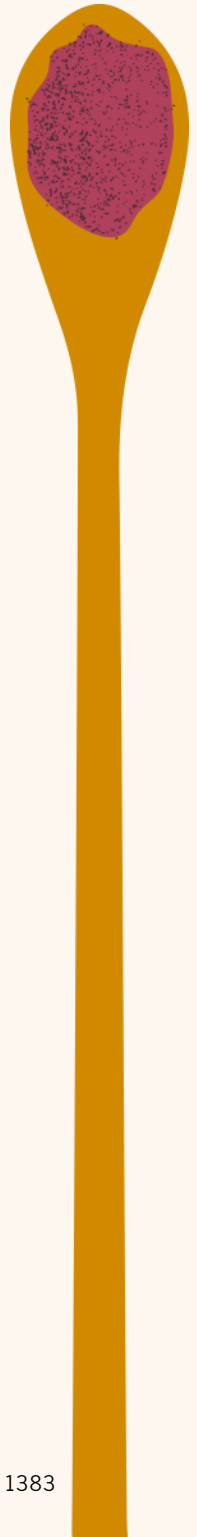
Red Pepper

Coriander Leaves

Dressing

# METHOD

1. Place a pot over high heat, add about 2 liters water and salt, bring to boil.
2. Boil the pasta in salted water until cooked but still firm (see package instructions on time)
3. Rinse in cold water. Cool completely.
4. In a large bowl add the cooled pasta, chopped onions, spices, diced peppers, coriander, dressing and stir until well combined.
5. Cover and place in the fridge for at least an hour to allow the flavors to soak into the pasta. Serve as side dish (usually with grilled meat).



BON APPETIT