

Vegan Pasta Salad



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Total time: 20 min

Preparation: 10 min

Cooking: 10 min

Created by: QAST

Serves: 8

Category: Hot Meals

Level: Easy

Ingredients

500 g Normal or Protein Pasta (Vetta SMART Protein Pasta or San Remo Pulse Pasta Red Lentil)

1 each Cucumber, diced

3 each Red, Yellow, Orange or Green Capsicum, diced

150 g Cherry Tomatoes (or normal), sliced in half

1 unit Chickpeas, drained & rinsed (canned)

4 tbsp Vegan Mayonnaise

1 tsp Pepper

0.5 tsp Salt

2 tbsp Sunflower or Pumpkin Seeds

Recipe

1. Cook the pasta according to package directions.
2. Prepare vegetables & place in a large bowl. Add pasta, mayonnaise (or the creamy tahini or lemon & garlic dressing), salt & pepper & mix well.
3. Chill in fridge, serve & stop with pumpkin or sunflower seeds.

Full description

Full of veggies and protein, a quick and delicious meal for everyone to enjoy. Vegan protein source: chickpeas and/or protein pasta.

Credit to The Simple Veganista for the original recipe: <https://simple-veganista.com/healthy-chickpea-vegetable-pasta-salad/> and She Likes Food <https://www.shelikesfood.com/creamy-tahini-greek-pasta-salad/>

Variations

Notes: Add more seasoning and mayo as required Add finely diced red onion for more flavour

Alternative Dressing: Creamy Tahini Dressing: Combine 1/3 cup tahini, 1/3 cup water, juice of 1 lemon (4 tbsp), 2 cloves minced garlic & 1/2 tsp salt. Garlic & Lemon Dressing: Combine 4 garlic cloves minced, juice of 2 lemons, 2 tbsp dijon mustard, 1-2 tbsp olive oil, salt & pepper.