

Capsicum, tomato & chorizo pasta salad



Capsicum, tomato & chorizo pasta salad

Preparation: about 20 minutes

Cooking: about 10 minutes **Serves:** 4-6

350g gnoccotini or mini penne rigate pasta

250g chorizo sausages, finely chopped

1 yellow capsicum, quartered lengthways and deseeded

1 red capsicum, quartered lengthways and deseeded

250g mini roma or cherry tomatoes, roughly chopped

1/2 cup pitted Kalamata olives, finely chopped

1 cup flat-leaf parsley leaves, roughly chopped

2 Lebanese cucumbers, finely diced

1/3 cup extra virgin olive oil

1 tbs balsamic vinegar

Salt and ground black pepper

1. Cook pasta in a large saucepan of boiling water, following packet directions, until al dente. Drain, rinse in cold water and place in a large bowl.
2. Meanwhile, heat a non-stick frying pan over medium-high heat. Add chorizo and cook, stirring occasionally, for 4-5 minutes until golden and crisp. Drain on paper towel.
3. Heat a greased barbecue or char-grill over high heat. Barbecue or char-grill capsicum for 2-3 minutes on each side until tender and skin begins to blacken. Transfer to a board. Remove skin and finely chop flesh.
4. Add capsicum, chorizo, tomatoes, olives, parsley and cucumbers to pasta.
5. To make dressing, combine oil and balsamic vinegar in a screw-top jar. Season with salt and pepper to taste. Shake until well combined. Drizzle dressing over salad, toss to combine and serve.



Capsicums (red)

- A top source of vitamin C, with just half an average-sized red capsicum supplying 4 times the recommended dietary intake of this anti-infection vitamin.
- A good source of beta carotene, which the body converts to vitamin A and uses to fight many infections.