

Roast capsicum, tomato & goat cheese pasta salad



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Preparation about 20 minutes

Cooking about 12 minutes

Serves 4

- 1 yellow capsicum, quartered lengthways and deseeded
 - 1 red capsicum, quartered lengthways and deseeded
 - 300g dried orecchiette or penne rigate pasta
 - 250g red and yellow cherry or mini roma tomatoes
 - ½ red onion, very thinly sliced
 - 1 cup basil leaves, roughly torn
 - 100g marinated feta cheese, crumbled
 - 2 tbs extra virgin olive oil
 - 1 tbs lemon juice
 - Salt and ground black pepper
1. Preheat a grill on medium-high. Place capsicums skin-side up on a grill tray and cook until blackened. Place in a plastic bag, when cool, peel and slice. Place in a large bowl.
 2. Cook pasta in a large saucepan of boiling water, following packet directions, until tender. Drain and rinse in cold water.
 3. Add pasta, tomatoes, onion, basil and cheese to capsicums. Drizzle with oil and lemon juice. Season salt and pepper to taste. Gently toss to combine and serve.



Red Capsicum

- A top source of vitamin C, with just half an average-sized red capsicum supplying four 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.
- Provides niacin (vitamin B3), which the body's cells need when they are releasing energy from carbohydrates, fats and proteins.
- The natural sweetness and bright colour makes raw red capsicums a popular choice with children.