Pesto Pasta/Zoodle Salad

Ingredients

- 500g pasta, cooked, drained and cooled.
  Penne or Rigatoni work well*
- 1 clove garlic
- ½ tbsp. oil
- 1 box cherry or grape tomatoes, halved
- 4 tbsps green pesto
- 50g (1/4 block) of feta, finely crumbled
  *if using zucchini noodles, use 2 small zucchini spiralized or ribboned

Making it

1. Cook the pasta as per package instructions. Drain and cool.
2. Heat the oil over a medium heat and add garlic. Cook for 1 minute and add the cherry tomatoes. Cook for 3-5 minutes.
3. Combine the cooled pasta, pesto and crumbled feta together. Add the cherry tomatoes.

NUTRITION FACTS

<table>
<thead>
<tr>
<th>Servings: 6</th>
<th>PER SERVING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (kcal): 330</td>
<td>Fat (g): 6</td>
</tr>
<tr>
<td>Carbohydrate (g): 60</td>
<td>Fibre (g): 8</td>
</tr>
<tr>
<td>Protein (g): 11</td>
<td></td>
</tr>
</tbody>
</table>

TIPS & HINTS

If you wish to opt for a lower carbohydrate version of this dish, use zucchini noodles. Cook gently over a low heat being careful not to stir too vigorously, for 5 minutes and follow the remainder of the recipe.