

RAINBOW PASTA

SCHOOL LUNCH BOX PASTA

COLOURFUL • EASY • DELICIOUS • LUNCH BOX WINS!

A bright, tasty pasta salad packed with crunchy veggies and cheese – perfect cold for school lunches!



INGREDIENTS (MAKES 4 LUNCHES)

- 250g pasta (fusilli or bow-tie works best)
- ½ cup sweetcorn (tinned or frozen)
- ½ cucumber, diced
- 1 red pepper, diced
- 1 yellow pepper, diced
- ½ cup cheese, cubed or grated (cheddar or mozzarella)

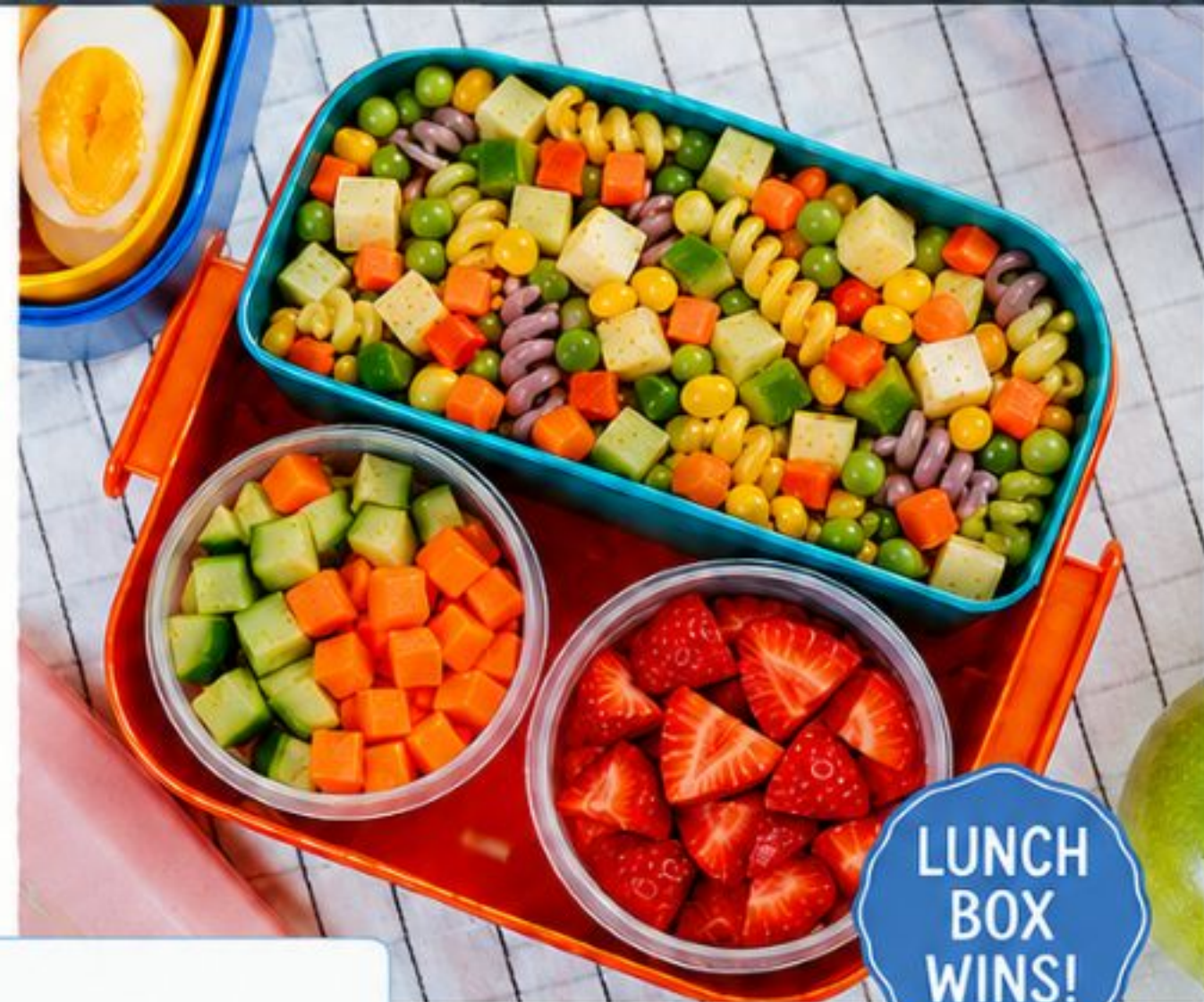
FOR THE DRESSING

- 2 tbsp mayonnaise
- 1 tbsp olive oil
- 1 tsp lemon juice
- Pinch of salt and pepper



METHOD

- 1 Cook the pasta according to the packet instructions. Drain, rinse under cold water and let it cool completely.
- 2 While the pasta cools, prepare the vegetables: dice the cucumber and peppers. If using tinned sweetcorn, drain well.
- 3 In a large bowl, add the cooled pasta, sweetcorn, cucumber, peppers and cheese.
- 4 In a small bowl, whisk together the mayonnaise, olive oil, lemon juice, salt and pepper.
- 5 Pour the dressing over the pasta salad and toss gently to combine.
- 6 Chill in the fridge for 30 minutes before packing.



LUNCH BOX WINS!

- ✓ Great served cold – perfect straight from the fridge.
- ✓ Packed with colour, crunch and flavour.
- ✓ Easy to pack – won't get soggy in the lunch box.
- ✓ Kid-friendly and veggie-packed!

PACK IT LIKE A PRO

- Use a leakproof lunch box.
- Keeps well for up to 2 days.
- Pack with a fork on the side.



MAKE IT YOURS!



Add cooked chicken or ham for extra protein.



Swap cheese for feta for a tasty twist.



Add cherry tomatoes or olives for extra flavour.



Use wholemeal pasta for a higher fibre option.



COLOURFUL, NUTRITIOUS & LOVED BY KIDS – LUNCH BOX WINNER EVERY TIME!

