

SPICY WHOLEGRAIN PASTA SALAD



1. Three quarters fill a big pan with water, add a teaspoon of salt and set to boil. In a medium frying pan add a splash of olive oil and set on a medium heat. Throw in the finely chopped garlic, sunflower seeds and chillies and cook for 2 minutes.

2. Chop the tomatoes and add to the frying pan. Half a can of chopped tomatoes are a really tasty alternative. Add the sliced olives, salt, pepper and mustard to the frying pan and then squeeze in the juice of half a lemon. Let that cook 2 minutes more.

3. When the water is boiling, add the pasta and cook according to the instructions on the packet. When the pasta is cooked, drain the water and mix the sauce with the pasta. Serve in bowls with a few more seeds on top. Enjoy!

PREP 10 mins - **COOK** 10 mins

INGREDIENTS: for 2 people

- 300g wholegrain pasta
- Fusilli or macaroni
- 2 large dried chillies
- 2 pieces of garlic
- ½ handful sunflower seeds
- 2 fresh tomatoes
or ½ can chopped tomatoes
- Black olives
- 2 teaspoonfuls of mustard
- Olive oil, salt and pepper

LOVE HEART FOOD

