byodo
bio vom feinsten



Mediterranean pasta salad

Wonderfully spicy with peppers and pesto calabrese, this delicious pasta salad with rigatoni tastes wonderfully like Italian cuisine.

Zutaten
4 Portionen

400 g Byodo Rigatoni, light
170 g Dried tomatoes in oil
170 g Grilled peppers in oil
250 g Cocktail tomatoes
50 g Rocket
50 g Pine nuts
50 g Pepperoni, in oil
2 EL Byodo Pesto Calabrese
2 EL Tomato and paprika pulp
2 EL Byodo extra virgin olive oil, from Italy
2 EL Condimento Bianco
Byodo sea salt
Pepper

Zubereitung

Cook the pasta according to the packet instructions. Finely chop the dried tomatoes, peppers and chillies. Halve the cocktail tomatoes and wash the rocket.

Drain the al dente pasta and leave to cool. Meanwhile, toast the pine nuts in a pan without oil. Mix the pesto and tomato purée with the pasta in a large bowl. Add the dried tomatoes, peppers, chili peppers and fresh tomatoes. Pour over the olive oil and vinegar and mix well.

To serve, fold in the rocket and pine nuts. Season the pasta salad again with salt and pepper to taste.



For a protein-rich diet, the following are also suitable **Macaroni, Protein PLUS** is ideal for Mediterranean pasta salads. With 20% protein content, they still taste like pasta should – perfect for anyone who loves pasta.