

INGREDIENTS

1 jar of Garden Gourmet Vuna
200 g wholemeal or spelled penne pasta
1 small red onion
1/2 cucumber
125 g cherry tomatoes
1 small can of corn (140 g drained weight)
1 organic lemon
salt and pepper

CULINARY TIP

Serving suggestion

Delicious with some extra chopped flat parsley.

Lunch or dinner

Also suitable as a main course, with e.g. an extra salad of arugula with boiled broccoli florets and avocado, with a balsamic dressing and extra virgin olive oil.



If you are looking for vegan lunch inspiration, you should try this Pasta Salad made with Garden Gourmet Vuna. It's easy, quick and delicious!

PREPARATION

1. Cook pasta till al dente

Cook the pasta according to the instructions on the package in plenty of water with some salt 'al dente'. Drain and rinse with cold water.

2. Prepare the veggies

In the meantime, finely chop the onion, cut the cucumber lengthwise into six and then into pieces and the tomatoes into quarters. Let the corn drain.

3. Toss everything up, and ready to enjoy!

Then toss the pasta with the vegetables. Season the salad with lemon juice, finely grated (cleanly scrubbed) lemon zest, and salt and pepper.

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