



Phyllis' (carrot) butterfly salad

RECIPE

INGREDIENTS

Salad

- 220 grams carrot butterfly (bowtie) pasta, small sizes
- 200 grams cherry tomatoes quartered OR grape tomatoes halved
- 15-200 grams feta cheese crumbled
- 1-2 fresh onions/scallions diced
- 150 grams peas, cooked (can use frozen)

Dressing

- ¼ cup of olive oil
- 4T white balsamic OR rice vinegar
- 1 T lemon juice
- 1 yolk of a hard-boiled egg
- Salt & pepper to taste

INSTRUCTIONS

- Mix all salad ingredients (dressing separate)
- Crush egg yolk with a fork and mix all dressing ingredients together
- Mix salad and dressing in a large bowl
- Cover and put in fridge

SERVING/NOTES

- Take out an hour before serving
- Add a dash of olive oil and mix to loosen the pasta

Nutrition tip

This is a great salad to make the night before, as it maintains its freshness and enhances flavor, plus has all the necessary components in perfect proportion – ¼ protein, ¼ complex carbs, ½ vegetables.