

## Spring pasta salad

With an impressive 24g protein and 14g fiber, this spring pasta is as filling as it is delicious. I love using a higher protein pasta when making pasta dishes to increase overall nutrition and make a balanced meal. The addition of legumes (red kidney beans and green peas) further boosts protein and adds a good dose of dietary fibre for gut health and satiety.

Serves 4

Prep: 10 mins

Cook: 15 mins

200g high protein pasta (I used @vettapasta)  
150g (1 cup) frozen green peas  
200g snow peas, trimmed, halved  
1 tbs extra virgin olive oil  
Grated rind and juice of ½ lemon  
1 tbs white balsamic condiment  
Pinch dried chilli flakes (optional)  
250g cherry tomatoes, quartered  
400g can red kidney beans, rinsed, drained  
75g Greek feta cheese, cut into cubes  
1 cup fresh basil leaves

**1** Cook pasta in a saucepan of lightly salted water following packet instructions or until al dente. Add peas and snow peas for the last minute of cooking time. Drain, refresh under cold running water. Drain. Transfer to a large bowl.

**2** Meanwhile, combine olive oil, juice, balsamic, chilli flakes and a pinch of salt in a medium bowl. Add tomatoes, stir and set aside to macerate for 5-10 minutes.

**3** Add tomato mixture, kidney beans, feta and basil to pasta and gently toss to combine. Season to taste and serve.

**Tip:** You could swap the high protein pasta with legume pasta.