

Artichoke, Tomato & Avocado Pasta Salad



R & J Mazza
GLOBE ARTICHOKES

Ingredients

300g penne pasta,
150g cheery tomatoes, halved,
50g rocket leaves,
120g artichokes hearts, sliced,
60g prosciutto, thinly sliced,
¼ red onion, sliced thinly,
½ avocado sliced,
½ cup black olives, pitted & sliced,
½ cup corn kernels,

Dressing

¼ cup olive oil,
2 tablespoons Italian dressing,
1 tablespoon mayonnaise,
Zest & juice of 1 lemon,
1 clove garlic, crushed,
1 teaspoon wholegrain mustard,
Salt & cracked pepper to taste,

Fresh basil to garnish



How to Prepare

1. Place prosciutto under a hot griller and toast until crispy, turn and toast the other side. Place on absorbent towels to drain. When cool, break into pieces and place aside.
2. Boil a large pan of salted water and add pasta. When cooked, add cold water to stop the cooking process and drain. Add a little oil to stop pasta from sticking together, and mix. Set aside to cool.
3. Place dressing ingredients in a bowl, mix well and set aside.
4. In a large bowl; place the rocket leaves, artichoke hearts, red onion, corn, olives and tomatoes. Add the pasta and mix well.
5. Pour in the dressing and top with prosciutto and avocado. Mix gently. Garnish with fresh basil.

Serves 6

