

Christmas Pasta Salad with Maple Syrup Vinaigrette



Serves	6
Prep time	1 hour
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Moderate Chemical
Meal type	Salad
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Barbecue , Christmas , Picnic

Ingredients

- Double batch maple syrup vinaigrette (Refer to recipe)
- 1 packet Orgran Vegetable Rice Pasta Spirals (250g)
- 1 tin bean mix (400g)
- 1 stalk celery
- 1 Large carrot
- 3 eggs
- Lettuce
- handful Parsley

Directions

1. Boil the eggs to hard boiled and allow to cool then peel and slice.
2. Cook the pasta as per the directions on the packet, drain and rinse with cold water.
3. Drain and rinse the bean mix.
4. Finely chop up the carrot, celery and parsley and shred the lettuce.
5. Place all of the above into a large salad bowl and combine well.
6. Just before serving, pour the vinaigrette over the top and toss through.

Note

Moderate Salicylates, Moderate Amines, Moderate Glutamates, Gluten-free, Dairy-free

I've called this Christmas Pasta Salad because of the red and green pasta spirals. The Orgran Vegetable Rice Pasta Spirals contain 99% brown rice and 1% vegetables (beetroot and spinach). Beetroot is moderate in salicylates and spinach is very high in amines, salicylates and glutamates, however based on the small percentage of spinach contained I think the overall level would be moderate. If this isn't tolerated you can use any other pasta.

[Refer here for the Maple Syrup Vinaigrette recipe.](#)