

BALANCE

PASTA SALAD WITH ROASTED CHICKEN AND YOUNG BABY VEGETABLES

Ingredients (For 4 people)

- 600 g cooked wholegrain pasta
- (~350 g dry pasta)
- 300 g cold roast chicken, diced
- 200 g green peas
- 200 g carrots, diced
- 100 g button mushrooms, chopped
- a few radishes, chopped
- 1 small shallot, chopped
- 1 tbsp basil, chopped
- 3 tbsp colza
- 2 tbsp white wine vinegar
- 1 tsp mustard
- Salt, freshly ground pepper

Preparation:

Peel and dice the carrots, cook them in salt water with the green peas, drain and set aside.

In a large salad bowl, combine the mustard, the vinegar, the oil and the shallot to obtain a smooth sauce; season.

Add the other ingredients, mix well and serve.

Note: this salad may be prepared in advance and chilled in the refrigerator. You can might the meat and vegetables according to your leftovers and the season.

