

Caprese Pasta



STEP 1: Gather Ingredients together.

60g whole wheat
pasta
40g natural yogurt
1 lemon
2 x teaspoon of
pesto
40g mozzarella
cheese
180g tomatoes
Basil



Gather utensils.

- 1 x kettle
- 1 x cooking pot
- 1 x weighing scales
- 1 x bowl
- 1 x juicer
- 1 x knife
- 1 x teaspoon



STEP 2

Weigh out 60g whole wheat pasta.



STEP 3

Put pasta into pot and add hot water



STEP 4

Turn on the hob and
cook the pasta



STEP 5

Put 40g yoghurt into
bowl



STEP 6

Slice and juice the
lemon



STEP 7:

Add the juice to the
yoghurt bowl



STEP 8:

Put 2 x tsp of pesto
into bowl



STEP 9:

Weigh out tomatoes



STEP 10:

Wash the tomatoes



STEP 11:

Cut the tomatoes with
a knife



STEP 12:

Add Tomatoes into
yoghurt bowl



STEP 13:

Chop and weigh the
cheese



STEP 14

Add cheese to the bowl



STEP 15:

Rinse the cooked
pasta under the tap



STEP 16:

Add pasta to the salad bowl



STEP 17:

Rinse basil under tap and dry with paper towel



STEP 18:

Add basil to bowl, mix and enjoy !!

