



PASTA WIENER SALAD

INGREDIENTS:

- 1 handful lettuce mix
- 1 cup dry alphabet pasta
- 1 packaging Sokolów wieners
- 150 g carrots
- 1.5 tablespoon rapeseed oil
- 1 level teaspoon maple syrup
- 2/3 cup green peas, frozen
- 1 small red pepper
- 1 tablespoon grapeseed oil
- 2 tablespoons home-made tomato sauce or ketchup
- salt

PREPARATION:

1. Prepare pasta following instructions on the packaging.
2. Carefully clean and peel carrots, cut them into bars, add 1 tablespoon of rapeseed oil, maple syrup and a pinch of salt. Next, put on a baking sheet lined with baking paper. Put the sheet in an oven preheated to 180°C (top and bottom heater) and bake for 15 minutes until the carrots are soft.
3. Put peas in boiling, salted water, cook until soft and drain. Cut wieners into 2 cm-long slices, cut both ends crosswise, then fry on the remaining oil until the ends curl out and the wieners are lightly golden brown.
4. Clean the pepper, remove the core and dice.
5. On a platter, put alternately the salad, pasta sprinkled with grapeseed oil, wieners, carrots, peas and pepper. Serve with tomato sauce.