

Macaroni Salad

People with Down Syndrome

Ingredients 🔇

- 250g dried elbow macaroni pasta
- 3 green shallots, thinly sliced
- 2 celery sticks, finely chopped
- 1 red capsicum, deseeded, finely chopped
- 420g can corn kernels, drained
- 100g sliced ham or leftover ham off the bone, coarsely chopped

Creamy honey mustard dressing

- 125g (1/2 cup) whole-egg mayonnaise
- 125g (1/2 cup) sour cream
- 1 tbsp white wine vinegar
- 1tsp mustard powder
- 1tsp honey
- 1/2 tsp garlic powder



Directions Step 1



- Cook the 250g dried elbow macaroni pasta in a large saucepan of salted boiling water following packet directions or until well cooked.
- Drain.
- Refresh under cold running water.
- Drain well.
- Set aside to cool.





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Step 2

To make the dressing,

combine the

- 125g (1/2 cup) whole-egg mayonnaise
- 125g (1/2 cup) sour cream
- 1 tbsp white wine vinegar
- 1tsp mustard powder
- 1 tsp honey and
- 1/2 tsp garlic powder

in a large bowl.

Season.

Step 3



Transfer the pasta to the bowl with the dressing. Add

- 3 green shallots, thinly sliced
- 2 celery sticks, finely chopped
- 1 red capsicum, deseeded, finely chopped
- 420g can corn kernels, drained
- and 100g sliced ham or leftover ham off the bone, coarsely chopped

Toss until well combined and coated. Season.





