

Corn, Peas & Tangerine Pasta Salad

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-curry-pasta-salad-recipe>

Ingredients:

- 9/16 pound pasta Spirelli, or other pasta of choice
- 7 gherkins
- 7/8 cup tangerines tinned, juice discarded
- 15/16 cup cooked corn
- 11/16 cup fresh peas thawed if frozen
- 7 ounces vegan mayonnaise
- 1 Tbsp white balsamic vinegar (optional, but recommended) optional, but recommended
- 15 teaspoons curry Indian
- 1 teaspoon garlic powder
- 1/2 teaspoon chervil dried
- 1/2 teaspoon guar gum optional**
- 1 pinch pepper & cayenne each

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 72 grams
3. Fat: 19 grams
4. Fiber: 9 grams
5. Protein: 15 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1140 milligrams
8. Sugar: 12 grams

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