



## Macaroni Salad

6 servings

40 minutes

### Ingredients

4 cups Lentil Macaroni (dry/uncooked)  
4 Egg  
1 Red Capsicum (chopped)  
1/2 cup Red Onion (finely diced)  
1 cup Plain Greek Yoghurt  
1/2 cup Mayonnaise  
2 tbsps Lemon Juice  
1 tsp Raw Honey  
1 tsp Dijon Mustard  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	409
Fat	18g
Saturated	4g
Carbs	41g
Sugar	5g
Protein	21g
Cholesterol	137mg
Sodium	228mg

### Directions

- 1 Cook the macaroni according to the directions on the package. Rinse with cold water and add to a large bowl.
- 2 Hard boil the eggs and transfer to a bowl of ice water to cool. Once cool, remove the shells and chop. Add them to the bowl with the cooked macaroni.
- 3 Add the chopped red capsicum and red onion to the bowl with the macaroni and eggs.
- 4 Mix the dressing by combining the yoghurt, mayonnaise, lemon juice, honey, mustard, salt and pepper. Mix well then add to the macaroni salad and mix thoroughly.
- 5 Refrigerate and enjoy!

### Notes

No Lentil Macaroni, Use brown rice, whole wheat or chickpea macaroni instead.  
Leftovers, Keeps well in the fridge for 3 to 4 days.