

SIDE DISH

Curry Pasta Salad

14 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$0.67	243 kcal



The recipe Curry Pasta Salad could satisfy your Indian craving in about 45 minutes. This dairy free recipe serves 6 and costs 67 cents per serving. This hor d'oeuvre has 243 calories, 7g of protein, and 6g of fat per serving. 24 people were glad they tried this recipe.

Ingredients

- ☐ 1 apple - peeled, cored and finely chopped
- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon lemon juice
- ☐ 3 tablespoons pine nuts
- ☐ 6 servings salt to taste
- ☐ 8 ounce package uncooked tri-color spiral pasta
- ☐ 2 carrots, grated
- ☐ ¼ cup chopped green onions
- ☐ 1 tablespoon mayonnaise
- ☐ ¼ cup raisins
- ☐ ¼ cup firm tofu, crumbled

EQUIPMENT Bowl, Pot

Method

- 1 Bring a large pot of salted water to a boil.
- 2 Add pasta and cook for 8 to 10 minutes or until al dente.
- 3 Drain.
- 4 In a large bowl, combine the curry powder, salt, mayonnaise and lemon juice.
- 5 Add cooked pasta and toss to coat. Then add the apple, sultanas or raisins, green onion, carrots, tofu and nuts.
- 6 Mix well.
- 7 Serve and enjoy!

Nutrition per serving

243

KCAL

7 g

PROTEIN

6 g

FAT

41 g

CARBS

Saturated Fat	0.7 g · 4% of daily needs
Fibre	3.4 g · 14% of daily needs
Sugar	5.5 g · 6% of daily needs
Sodium	228 mg · 10% of daily needs
Cholesterol	1 mg · 0% of daily needs
Vitamin C	4.8 mg · 6% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/curry-pasta-salad-142542