

Tuna Pasta Salad – Serves four



Ingredients:

- 220g dried pasta
- Medium tin tuna in water/brine (140g)
- 1 red pepper
- 100g tinned sweetcorn
- 5dspn low fat mayonnaise
- 2 hard boiled eggs
- Spray oil
- 1dspn white wine vinegar
- Juice of ½ lemon

Portions:

- 9 starch
- 1 protein
- ½ fruit and veg
- 2 fruit and veg
- 3 ½ fat
- 1 protein
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Utensils: Large saucepan, sharp knife, chopping board, kettle, large mixing bowl, wooden spoon, tin opener, fork, lemon juicer, scales, dessertspoon.

Method:

1. Cook the pasta in a large saucepan of boiling water for 10 to 12 minutes then drain through a colander.
2. Place the pasta in a large mixing bowl, spray with some oil and mix this through.
2. Drain the tuna, put it in a bowl and use a fork to roughly break it into flakes.
3. Add the lemon juice, white wine vinegar and mayonnaise to the tuna and mix together.

4. Add the tuna mixture to the pasta and stir together until all the ingredients are combined.

4. Cut the pepper in half, remove the seeds and stalk and cut it into small pieces.

4. Add the pepper and sweetcorn to the pasta and mix together.

5. Remove the shell from the hard-boiled eggs and cut into quarters. Arrange the wedges over the salad, then serve.

Approximately 320kcal and 6g fat per serving (1/4 of recipe).