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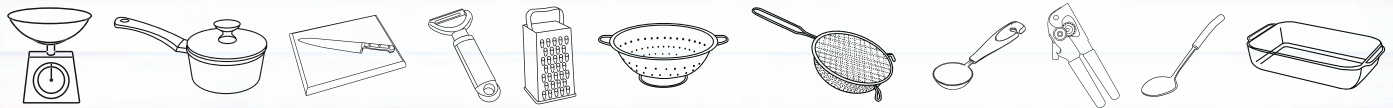
Pasta tuna salad

Ingredients

Serves 2

- 100g pasta shapes
- 1 small lettuce
- 1 tomato
- ¼ cucumber
- 1 carrot
- 100g canned tuna fish (in water)
- 2 x 15ml spoons low fat salad dressing

Equipment



Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Take care. Simmer for about 8–10 minutes (check the packet instructions).
2. Prepare the other ingredients:
 - shred the lettuce;
 - slice the tomato;
 - chop the cucumber into small chunks;
 - peel and grate the carrot.
3. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
4. Drain the tuna in a sieve over the sink.
5. Mix the pasta, tuna, vegetables and dressing together.

Top tips

- * Use 100g of cooked chicken as an alternative for tuna.
- * Add seasonal vegetables or dried fruit to vary the recipe.

Skills

- Preparing vegetables. ✓
- Measuring. ✓
- Using the hob. ✓
- Peeling and grating. ✓



EAT FOR HEALTH

- * Adding different veggies to the pasta salad is an easy way to help you get one of your 5 A DAY.
- * This dish is a good way to give you energy before going out and about.

Grow your own

- * Tomatoes
- * Lettuce



TAKE CARE!

Make sure you've got an adult to help you drain away the boiling water.

