**Pasta Salad**

Group ..............

Making on ...........................................

You will also need a tub with a secure lid!

Please weigh out ingredients at home if possible.

Ingredients (serves 3)

150g pasta shapes

**You may change the fish/vegetables depending on what you prefer.**

Suitable ingredients are :-

Pepper – red, yellow, green or tomato

1 Carrot

3 Spring onions / ½ red onion

50g Diced ham/chicken/turkey (cooked)

25g sweetcorn

½ pepper (any colour)

1. small tin tuna

2 tbspn low fat mayonnaise or pesto

# Method

1. Fill a sauce pan **half full** of water and put on the hob to boil on a **high heat.** (You will see little bubbles).
2. When the water is ready, **turn down the heat** and add the pasta and cook in the boiling water for 10 – 12 minutes. Stir occasionally.
3. Drain in a colander over the sink and sit on top the pan and leave to cool for a minute.
4. Wash the vegetables. Remove any seeds or pips. Keep skin on. Dice.
5. Open the can of tuna and drain in a sieve. If using meat cut up into thin slices.
6. Put all ingredients in your tub, add the mayonnaise and mix well. Wash/dry up.

Group ..............

Making on ...........................................

You will also need a tub with a secure lid!

**Pasta Salad**

Please weigh out ingredients at home if possible.

Ingredients (serves 3)

150g pasta shapes

**You may change the fish/vegetables depending on what you prefer.**

Suitable ingredients are :-

Pepper – red, yellow, green or tomato

1 Carrot

3 Spring onions / ½ red onion

50g Diced ham/chicken/turkey (cooked)

25g sweetcorn

½ pepper (any colour)

1 small tin tuna

2 tbspn low fat mayonnaise or pesto

# Method

1. Fill a sauce pan **half full** of water and put on the hob to boil on a **high heat.** (You will see little bubbles).
2. When the water is ready, **turn down the heat** and add the pasta and cook in the boiling water for 10 – 12 minutes. Stir occasionally.
3. Drain in a colander over the sink and sit on top the pan and leave to cool for a minute.
4. Wash the vegetables. Remove any seeds or pips. Keep skin on. Dice.
5. Open the can of tuna and drain in a sieve. If using meat cut up into thin slices.
6. Put all ingredients in your tub, add the mayonnaise and mix well. Wash/dry up.