



Tuna pasta salad

Prep: 5 minutes • Cook: 30 minutes • Serves: 2



Ingredients

100g whole wheat pasta, dried
125g broccoli
200g tinned sweetcorn, in water, drained
10 cherry tomatoes (approx.100g)
2 tablespoons mayonnaise
145g tinned tuna, in spring water, drained
Black pepper
1 little gem lettuce

- 1 Half-fill a medium saucepan with water and bring to the boil. Add the pasta and return to the boil. Cook for 8 minutes, or according to the packet instructions, stirring occasionally until cooked just enough to retain a somewhat firm texture.
- 2 Prepare the broccoli by trimming and cutting it in to short lengths. Add the broccoli to boiling water with the pasta and cook for a further 2 minutes.
- 3 When cooked, pour the pasta and broccoli in to a colander to drain. Then rinse under running water until cool. Drain well and tip into a mixing bowl.
- 4 Cut the cherry tomatoes in half. Scatter the sweetcorn and tomatoes into the mixing bowl.
- 5 Using a fork, gently flake the tuna into the salad. Add the mayonnaise, season with black pepper and mix gently until well combined.
- 6 Serve the pasta salad on a bed of little gem lettuce leaves.

Nutritional info

Low phosphate ✓
Low potassium ✓
Carbohydrate **31g**
Low protein ✗
Low salt ✓

Cost per portion (October 2023) **£1.64**

Energy in kcals **450**