



Tuna Pasta Salad



Make this pasta salad in the evening, place into lunchboxes and leave in the fridge overnight. Then just grab and take to work or school the next day!

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	111Kcal	1.3g	2.4g	0.4g	0.2g
RI%	6%	1%	3%	2%	3%

Method

1. Cook the pasta for 2 minutes less than the pack suggests then drain and run under cold water to cool. Set aside in the colander to drain completely
2. Meanwhile chop the tomato, cucumber and pepper and place into a large bowl. Add the cooled pasta
3. Mix the lemon juice, extra virgin olive oil and tomato puree in a small bowl. Pour over the pasta salad and mix well to coat
4. Add the tuna and gently fold through, taking care not to break the tuna up too much.
5. Serve straight away or keep in the fridge until needed. Use within 48 hours

Ingredients

- 1 x 110g tin Princes Drained Tuna Steak in Springwater
- 150g fusilli pasta
- ½ lemon, juice only
- 2 tsp extra virgin olive oil
- 1 tsp tomato puree
- 1 large tomato, de-seeded and diced
- 5cm piece cucumber, diced
- ¼ yellow pepper, diced
- ground black pepper

