

pasta salad

what you will need

225g/8 oz dried pasta
2 tomatoes cut into wedges
1 can of tuna in brine or water
2 eggs, hard boiled and cut into wedges
4 Spring onions or ½ small onion, finely chopped
Handful of green beans, tailed and halved
Handful of peas
1 green pepper, thinly sliced
2 tablespoons white wine vinegar
1 tablespoon olive oil
2 teaspoons wholegrain mustard

get cooking

Cook the pasta for 6-7 minutes and then add the beans and cook for 5 more minutes until the beans are just softening and the pasta is cooked.

Drain in a colander and then run through with cold water to cool.

Mix the oil, vinegar and mustard to make the dressing (the easy way to do this is to put it in a jar and shake-make sure the lid is tightly on).

Put the pasta and beans into a bowl, mix in the tuna, onion, pepper and peas.

Pour the dressing over the mixture and gently stir.

Arrange the egg and tomato on the top and serve.

by Stephen Prentice

Serves 4

Preparation time = 15mins

Cooking time = 15mins

**Cost per serving =
less than £1**

**5 a day portions
per serving = 1**

alternatives

Use chicken or ham instead of tuna. For a vegetarian version leave out the tuna and replace with quorn or grated cheddar cheese.

top tips

Increase your veg intake by adding sweet corn and red pepper.
Save pasta from a previous day to make a really quick easy meal.



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