

Lunch

RECIPE CARD

Tuna Pasta Salad

RECIPE NAME

Lunch

MEAL TIME

10 minutes

PREP TIME

20 minutes

TIME TO COOK

This pasta salad is great for a leftover lunch the next day, make sure to seal in an air tight container in the fridge

If Tuna doesn't float your boat, feel free to use chicken or veggie-friendly alternative including beans and pulses

NOTES

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CALORIES

INGREDIENTS

- ❑ 120g dried pasta (*choose your favourite shape*)
- ❑ 1x160g tin of tuna in water
- ❑ 1 medium red onion, chopped
- ❑ A handful of chopped cherry tomatoes
- ❑ 1 mini cucumber chopped
- ❑ 1tbsp Balsamic Vinegar
- ❑ 2tbsp of extra virgin olive oil
- ❑ Freshly chopped parsley to top

METHOD



Bring the pasta to the boil in salted water



Prep the other ingredients and add to a large bowl



Once the pasta is cooked according to package instructions, drain under cold water and add to the bowl of veg and tuna.



Drizzle the balsamic vinegar and olive oil over the mixture and mix together



Season to taste