

Protein Pasta Salad

Ingredients

80g cooked pasta
2 washed spring onions/small onion
Small can of sweetcorn (optional)
1/4 cucumber washed
1 carrot
1 x red or yellow pepper
6 cherry tomatoes
1 x Baby gem lettuce
Small can tuna/ 50g cooked meat eg ham
40 ml mayonnaise/salad dressing (2/3 x tablespoons)



Equipment

Chopping board, colander, tablespoon, vegetable knife, can opener, small mixing bowl, grater, large mixing bowl.

Method

1. Add the cooked cold pasta to a large mixing bowl
2. Dice or cut the spring onions/small onion and add to your mixing bowl.
3. Half and dice the pepper into small pieces.
4. Quarter the tomatoes and dice the cucumber. Add to your mixing bowl.
5. Peel, top and tail and grate the carrot.
- 6. Carefully open with a tin opener the sweetcorn and drain over the sink and add to the pasta. (optional)**
7. Add your cooked meat or drained tuna and mix.
8. Slice the small baby gem lettuce
9. Add 2/3 tablespoons of salad dressing eg mayonnaise and mix all ingredients together.
10. Wash and clean up your work area.