

Tuna Pasta Salad



Servings: 1

Difficulty: Not too tricky

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 2 teaspoons olive oil
- Juice of half a lemon
- Pinch of black pepper
- Pinch of dried mixed herbs
- Half of a 102g tin of drained tuna in spring water (51g)
- 65g wholemeal fusilli
- 4 cherry tomatoes, quartered
- ¼ pepper, deseeded and chopped

Method

- Boil the pasta according to manufacturer instructions and drain.
- Mix together the black pepper, mixed herbs, lemon juice and olive oil.
- Add the vegetables, drained tuna and cooked pasta and mix together.

Complete your lunchbox with

- Cucumber sticks (1/4 of a cucumber)
- 12 grapes (halved)
- 1 slice low fat cheddar cheese (20g)
- Bottle of water

Allergens

Gluten, fish

