

Tuna and sweetcorn pasta salad

Serves 4

Preparation and cooking time approx. 15 minutes

Ingredients

- 300 grams /dried pasta penne
- 125 grams / small head of broccoli, cut into florets)
- 198-gram tin of sweetcorn, drained
- 1 large tomato cut into large dice
- 75 grams of mayonnaise
- 80-gram tin of tuna, drained
- Salt and pepper

Method

1. Half fill a medium saucepan with water and bring to the boil. Add the pasta, stir well and return to the boil. Cook the pasta or according to the packet instructions, stirring occasionally. Add the broccoli and cook for 2 minutes.
2. Rinse the pasta and broccoli in a colander under running water until cold,
3. Drain well and tip into a mixing bowl. Scatter over the sweetcorn and tomatoes. Add the mayonnaise, season with salt and pepper and mix until combined.
4. Flake the tuna into the salad using a fork and toss lightly. Serve the salad on a bed of lettuce leaves.
5. **If salad is not to be eaten immediately, please refrigerate until needed and consume within 24 hrs**

PLEASE BE AWARE OF THE SAFETY ASPECT, AND KEEP YOUR CHILDREN AWAY FROM HOT PANS AND OVENS