

Chicken pasta salad

Serves 4



Ingredients

150g/5oz/2½ handfuls dry pasta/4 handfuls of cooked wholewheat pasta
200g/7oz cooked chicken
1 ripe tomato
3 inch chunk of cucumber
1 red pepper
1 small can of sweetcorn, drained
6 spring onions
A sprinkle of pepper

Dressing

3 tablespoons lemon juice
1 teaspoon wholegrain mustard
1 tablespoon honey
2 garlic clove, crushed
½ teaspoon mixed herbs

Method

1. Cook the pasta according to packet instructions.
2. In a large mixing bowl mix the ingredients for the dressing.
3. Cut the cucumber, tomatoes, pepper and spring onions into small pieces and add them to the salad dressing.
4. Add the pasta, sweetcorn and chicken and mix.
5. Season with pepper and serve.