

Pasta salad

Serves 4



Ingredients

150g/5oz/ 2½ handfuls dry pasta/4 handfuls of cooked wholemeal pasta
1 ripe tomato
3 inch chunk of cucumber
1 red pepper
1 small can of sweetcorn, drained
6 spring onions
Sprinkle of pepper

Dressing

2-3 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, drain and leave to cool.
2. In a large mixing bowl add the ingredients for the dressing and the sweetcorn.
3. Cut the cucumber, tomatoes, pepper and spring onions into small pieces and add them to the salad dressing and sweetcorn.
4. Add the pasta to the other ingredients and mix.
5. Season the salad with pepper and serve.