

# Tuna pasta salad

Serves 4



## Ingredients

150g/5oz/2½ handfuls dry pasta/4 handfuls of cooked wholewheat pasta  
175g/6oz canned tuna in spring water if possible, drained  
1 medium carrot, grated  
1 ripe tomato, diced  
3 inch chunk of cucumber, diced  
1 red pepper, diced  
6 spring onions cut into small pieces  
1 small can of sweetcorn, drained

## Dressing

1 tablespoon parmesan, grated (or any strong cheese)  
2 tablespoons low fat yoghurt or low fat fromage frais  
2 tablespoons lemon juice  
1 teaspoon Dijon mustard  
2 tablespoons fresh parsley, chopped  
Sprinkle of pepper

## Method

1. Cook pasta according to packet instructions, drain once cooked, leave to cool.
2. In a large mixing bowl add the ingredients for the dressing and mix.
3. Add all the vegetables and tuna, mix together well.
4. Add the pasta to the vegetables.
5. Season the salad with pepper and serve.