

Recipe for:

Rainbow Pasta Salad

Preparation time: 15-20 minutes Chilling time: Until ready to serve Serves: 1-2

Ingredients

250g/8oz dried pasta shapes, cooked to pack instructions and cooled
Handful of cherry tomatoes, halved
1 tablespoons sweetcorn
 $\frac{1}{4}$ cucumber cubed
2 spring onions sliced
1 stick celery, sliced (optional)
 $\frac{1}{2}$ sweet pepper, deseeded and chopped small
Sprig of fresh parsley, chopped small
2 tablespoons light mayonnaise
1 teaspoon fat-free Greek yogurt
Ground black pepper to season

*Add a handful of protein for a healthy lunchtime dish - tuna, chicken or cheese

Equipment

Pan and colander for pasta
Kitchen Scissors for snipping
Vegetable Knife
Chopping Board
Tablespoon for mixing
Teaspoon
Mixing bowl

Description



Instructions

1. Cook Pasta el dente (to the bite) according to instruction on packet. (get an adult to help you)
2. Wash all vegetables and chop into small pieces according to the list above using scissors or a knife.
3. Toss together the chopped vegetables, chicken or tuna and pasta in a bowl.
4. Mix through the mayonnaise, yogurt, parsley and black pepper.
5. Chill until ready to serve.