



# DOLPHIN FRIENDLY TUNA PASTA

This dish is great fun to make at home with your family ... don't forget to tweet school & us  
@appleofmyeyepl

## Ingredients

### What you need

250g/8oz dried pasta shapes, cooked to pack instructions and cooled

1 tin tuna – dolphin friendly! Check the label before buying

4 handful of cherry tomatoes, halved

1 tablespoons sweetcorn

1/4 cucumber, cubed

2 spring onions, sliced

1 stick celery, sliced (optional)

1/2 sweet pepper, deseeded and chopped small

Sprig of fresh parsley, chopped

2 tablespoons light mayonnaise

1 teaspoon fat-free Greek yogurt

Ground black pepper to season

Wash all vegetables and chop into small pieces according to the list above using scissors or a knife.

2. Chop the chicken into bite-sized pieces or drain the tinned tuna. Grate cheese for vegetarian option.

3. Mix together the chopped vegetables, drained tinned tuna and pasta in a bowl.

4. Mix through the mayonnaise, yogurt, parsley and black pepper.

5. Chill until ready to serve.

