



## Tuna Pasta Salad - Balanced Lunch Serves 2

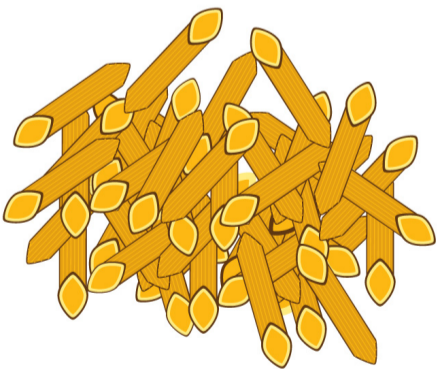


### INGREDIENTS

- 200g whole-wheat pasta
- 1 tin of tuna (drained)
- 4 tablespoons of sweetcorn
- Half a red onion
- $\frac{1}{4}$  of a cucumber (washed)
- $\frac{1}{2}$  a red pepper (washed)
- 3 tablespoons low fat mayonnaise

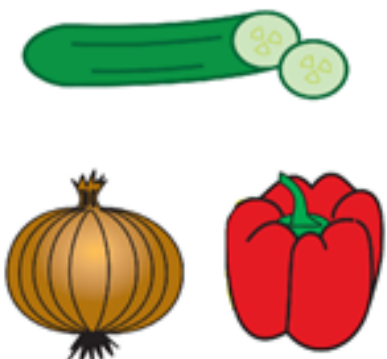


First **wash your hands** with soap and water.



**Place the pasta in a pan** and pour in enough water to cover the pasta

Bring the water to a **boil**, and then reduce the heat to **simmer gently** until the pasta is cooked (check packaging instructions, about 11-15 mins)



Meanwhile, **chop the onion, red pepper and cucumber.**

Put it into a **large bowl** and add the **sweetcorn.**

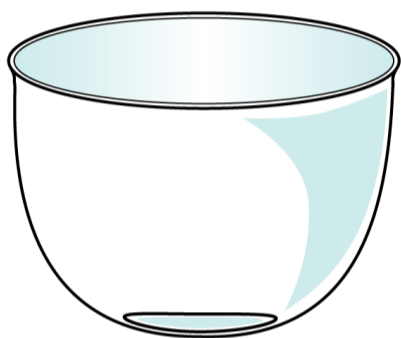


Drain the **tuna** into the sink.

Add the tuna to the **mixing bowl**.



Once the pasta is cooked,  
**drain off the water** using a colander



Let the **pasta cool down**

Then add it to the mixing bowl



Add **3 tablespoons** of **low fat mayonnaise** and mix well

Enjoy

If you are worried about your diet and would like more help contact your GP.

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