



Italian tuna & pasta salad

GREEN

Equipment: Large pot
Colander
Chopping board
Kitchen knife
Measuring cups & spoons
Large serving spoon
Large bowl

4 serves

Ingredients

2 ½ cups pasta spirals, cooked & drained
1 punnet cherry tomatoes, halved
12 black olives, pitted and sliced
1 green capsicum, seeded and diced
6 button mushrooms, sliced
½ cup snow peas, strings removed and sliced
2 tablespoons chopped parsley
1 tablespoon lemon juice
185g can of tuna in spring water, drained
½ cup Italian salad dressing
Freshly ground black pepper to taste

Method

- Place all of the ingredients in a large bowl and mix well to combine

Source: *Healthy Food Fast: Ways to get more fruit & vegies into your day.*
Department of Health, Government of Western Australia