

MAKE THEIR MEALS COUNT



Salmon pasta salad

Ingredients serves 4

- 1 cup uncooked pasta
(eg macaroni, spirals)
- 2 tablespoons olive oil
- ½ head of broccoli
- 1 cup green beans
- ½ cup spinach leaves
- 200g canned tuna or salmon,
drained
- ½ cup yoghurt
- ½ cup chopped parsley

Method

1. Bring a large pot of water to the boil and add pasta.
2. Cook pasta for 5–7 minutes or until just soft, drain and set aside.
3. Heat a large frying pan on high heat, add one tablespoon of olive oil and then the broccoli, cut side down, cook over medium-high heat for 2–3 minutes or until golden. Turn over and cook for a further minute or two or until the broccoli is just tender. Remove from the pan and cut into small bitesize pieces.
4. Add the green beans to the pan, cook over a medium-high heat for 1–2 minutes and until slightly golden and remove from the pan.
5. Combine the yoghurt, parsley and remaining tablespoon of olive oil.
6. Combine the pasta, broccoli, beans, spinach leaves and tinned fish. Gently toss the yoghurt dressing through the salad and serve.