

Tuna Mayo Pasta Salad

 1 serving 399 Kcal / serving

Ingredients

- 55g - **Wholemeal pasta (such as fusilli or penne)**
- 1 tablespoon (15g) - **Light mayonnaise**
- 20g - **Baby spinach leaves**
- 3 (50g) - **Cherry tomatoes, chopped**
- 1 small (50g) - **Carrot, peeled and grated**
- 145g - **Tin tuna in spring water, drained**
- **Freshly ground black pepper**



The Method

Bring a pan of water to the boil and tip in the pasta, stir once and cook for 10-12 minutes until just tender. Drain and quickly refresh under cold running water to prevent further cooking. Leave to cool.

Fold the mayonnaise into the cooled pasta and season with pepper, then fold in the spinach, tomato, carrot and tuna. Transfer the tuna mayo pasta salad to a bowl to serve.

 Suitable for vegetarians if tofu is substituted for the tuna