Chilli tuna and olive pasta salad

Preparation time
10 minutes

Cooking time
10 minutes

Serves
4

Recipe courtesy of
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Ingredients Method Nutrition

4x 95g tins of chilli-flavoured tuna in oil

200g (dry weight) of wholemeal pasta

150g (2 cups) shredded wombok cabbage

200g tri-coloured cherry tomatoes, halved

1 Lebanese cucumber, diced

2 spring onions, sliced

1 punnet flat-leaf parsley, leaves picked and chopped

80g pitted olives

1 lemon

Salt and pepper

1. Prepare the pasta according to packet direction. Allow to cool on the benchtop or in the fridge.
2. In a large bowl combine the pasta with cabbage, tomatoes, cucumber, parsley, spring onion and olives. Divide into 4 portions
3. When ready to eat, stir through 1 tin of chilli tuna, 1/2tbs lemon juice, and season with salt and pepper.

GF: Use GF buckwheat pasta

Nutritional information is provided per serve

Engery	1517kj
Protein	22g
Saturated Fat	2g
Total Fat	13g
Carbohydrates	35g
Sugars	3g
Dietary Fibre	7g
Sodium	584mg