

Lunchbox Pasta Salad

Preparation: 10 mins

Cooking: 15 mins

Serves 4, costs under £2.00



vegetarian



Ingredients

- Penne or Fusilli Pasta (125g)
- 2 Tablespoons Olive Oil (20g)
- 1 Lemon (0)
- 1 Red Pepper (160g)
- 8 Cherry Tomatoes (120g)
- 4 Spring Onions (40g)
- ¼ Can Sweetcorn (65g)
- ¼ Can Kidney Beans (60g)

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.

Time Saver Tips

It's a good idea to prepare the veg whilst the pasta is cooking.

Nutritional Information

Based on a single serving of 191g

Energy
210.00 kcals
882.00 kJ

Fat
5.90g

Saturates
0.90g

Sugar
6.00g

Salt
0.30g

Method

1. Cook the pasta in fast-boiling water until just tender but with 'bite' (al dente).
2. Drain the pasta and rinse in cold water. Stir in 1 tablespoon olive oil.
3. Prepare the vegetables. Wash the pepper, tomatoes and spring onions. De-seed, slice and dice the pepper. Quarter the tomatoes and slice the spring onions. Add all vegetables to the pasta.
4. Squeeze the lemon and add the juice to the remaining olive oil. Whisk together, or mix with a fork, and add to the pasta.
5. Toss the ingredients together. Serve immediately or use as a lunchbox meal.

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