

Pasta Salad

Ingredients

- 150g/5oz whole wheat pasta, cooked according to packet instructions
- 150g/5oz frozen or tinned sweetcorn
- Pepper, broccoli, peas or vegetable of choice
- 150g/5½oz tinned tuna in spring water, drained or 150g Cheese
- 2 tbsp. mayonnaise
- freshly ground black pepper (optional)
- squeeze lemon (optional)

You will also require

A container with lid/cling film to take home

Apron