



HASTA BE PASTA

This healthy and delicious pasta salad is easy to make for a light lunch, packed lunch or main meal. You can play about with what vegetables you put in it and if you don't fancy tuna then try salmon, fish sticks, any sliced meats, grated cheese or make it vegetarian adding some extra veg!



Skill Check: Follow a recipe; follow food safety & hygiene rules; tidy away; cut using bridge/claw knife technique safely; use measuring spoons; use a sieve; use a tin opener safely; tearing herbs; garnish

Equipment: Chopping board, sharp knife, sieve, measuring spoons, large bowl, small bowl, large spoon, tin opener, fork

Allergens*: Wheat | Gluten | Mustard | Eggs | Milk | Fish

Ingredients (serves 4):

- 800g cooked pasta (wholemeal pasta will add more fibre)
- 145g tin of tuna in spring water
- 198g tin of sweetcorn
- 3 inch length of cucumber, unpeeled and diced
- 15 cherry tomatoes, quartered or 3 larger ones diced
- 2 tbsp low fat mayonnaise
- 2 tbsp low fat plain yogurt
- Freshly ground black pepper
- Fresh basil to decorate

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use

Method

1. Put the cold pasta in the large bowl.
2. Open the tin of tuna and drain using the sieve and add it to the pasta.
3. Using a fork, stir well to break up the tuna and make sure it covers all the pasta.
4. In the small bowl, mix together the mayonnaise and yogurt. Stir in some ground pepper. Add this to the pasta and tuna mix and stir until well combined.
5. Open the sweetcorn and drain. Add this along with the tomatoes and cucumber to the pasta and stir well to make sure everything is mixed thoroughly.



HASTA BE PASTA Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Hasta Be Pasta...

Pasta is low in fat and a good source of starchy carbohydrate and fibre. Wholewheat varieties contain 2.5 times more fibre than white, and a diet rich in wholegrain has been shown to lower the risk of diabetes, heart disease and some cancers.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.

Tuna is a great source of protein, vitamin D, B vitamins and a range of minerals.



Energy, sugar, fat and salt per serving

Per 605g serving

ENERGY
1452kJ / 345kcal 17%

LOW FAT
6.4g 9%

LOW SATURATES
1.0g 5%

LOW SUGARS
7.6g 8%

LOW SALT
0.95g 16%

% of an adult's reference intake
Typical values per 100g : Energy 240kJ / 57kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.