

Tuna Pasta Salad (IT)



At a glance

- Ease of preparation: Quick and simple once the pasta is cooked and cooled.
- Cost: Relatively cheap (unless you choose fancy pasta, which I didn't!)
- Taste: Crispy, juicy and filling.

Satisfying, with a classic taste!

Being vegetarian, this was the first recipe from our cookbook that I had to adapt slightly. I made two versions, one with tuna and one with button mushrooms replacing the tuna. The feedback about the fish one was that it was delicious, but the flavour of the peppers was a bit strong for this dish and it overpowered the tuna, so maybe they could be taken out or substituted. I think that the peppers worked beautifully in the vegetarian version, however, as the strong flavour added to it, but you could easily change any of the vegetables to suit your taste. Pasta is such a versatile food, which makes it great for lunchboxes, and this certainly didn't disappoint – we ended up with four clear plates (two tuna and two veggie diners).



Edward's view:

Pasta is Edward's favourite food and he loves salad vegetables too, so I thought this would be a winner. Children, however, are rarely so predictable! He had a couple of bits of pasta and a nibble of cucumber, but that was about it. I'm not sure he was a great fan of the mayonnaise. He also definitely has preferred the food that he has helped to prepare, but this one I made for him. This was not a massive success today, but I will try it again another time as I'm sure on another day he would have cleared the plate (minus the mayo possibly).