

Cookery Club
Wednesday 7th November 2018
Tuna Pasta Salad pot

Ingredients:

- ❖ 1 or 2 tbsp. of tuna (drained)
- ❖ 1 tbsp. mayonnaise
- ❖ 1 or 2 tbsp. of cooked pasta
- ❖ 1 tbsp. carrot
- ❖ 1 tbsp. sweetcorn
- ❖ 1 tbsp. cherry tomatoes
- ❖ 1 tbsp. lettuce
- ❖ An empty glass jar with lid

Method:

- ❖ Cook pasta in boiling water for 10-12 minutes (as per instructions on packet). Allow to cool before adding to the glass jar.
- ❖ Open a tin of tuna, drain and mix in the mayonnaise.
- ❖ Grate carrot, shred lettuce and chop cherry tomatoes in half.
- ❖ Fill the glass jar with the ingredients in layers e.g. lettuce at the bottom, then carrot, sweetcorn, cherry tomatoes and the cooked pasta and tuna mayonnaise on the top.

