



### Recipe Information

**Number of Serves:** 8 main meals or 16 side salads

**Preparation Time:** 10mins

**Cooking Time:** 10mins

### Ingredients

400g dried pasta spirals  
1 large cucumber, chopped  
1 red capsicum, chopped  
2 tomatoes, chopped  
½ red onion, finely chopped  
2 spring onions, thinly sliced  
400g can corn, drained & rinsed  
400g can cannellini beans, drained & rinsed  
425g can tuna in spring-water, drained & flaked  
2 tbs reduced fat mayonnaise  
1 tbs lemon juice  
1-2 teas mustard  
Pepper

## Soifua Maloloina Tuna Pasta Salad

### Method

1. Cook pasta in a saucepan of boiling water, following packet directions, until just tender. Drain. Refresh under cold water. Drain well.
2. In a large bowl, add all the chopped vegetables, canned corn, cannellini beans and tuna. Mix well to combine.
3. In a small bowl, combine reduced fat mayonnaise, lemon juice, mustard and pepper. Stir to combine.
4. Add the pasta to the vegetables and tuna, mixing well then gently fold in the lemon mayonnaise until combined.

### Soifua Maloloina tips:

- You can use frozen, tinned or other seasonal fresh vegetables (peas, celery, carrot etc).
- You can substitute the mayonnaise for 1 tbs olive oil, to make a lighter dressing.
- Tastes great for lunch – store in a small container with an ice-brick for the kids lunch. Also, it's great for after church or any family gatherings or BBQs.

