

Pick and Mix Pasta salad	
<b>Ingredients</b>  150g pasta shapes  <u>Choose 1 from the following:</u> Tin tuna 2 slices ham 50g prawns Hard boiled egg  <u>Choose 2 from the following:</u> 50g peas Small tin of sweetcorn $\frac{1}{2}$ cucumber 2 tomatoes 50g olives 50g sun dried tomatoes  <u>Choose your dressing:</u> 3 tbsp mayonnaise 3 tbsp salad dressing	<b>Equipment</b>  <u>All equipment is provided by school</u>        <b>*Remember to bring a container with lid to take home*</b>
<b><u>Method:</u></b> <ol style="list-style-type: none"> <li>Half fill a saucepan with water and bring to the boil</li> <li>Add the pasta and cook for 10-12 minutes. (If using peas add for the last 2 minutes)</li> <li>Check pasta is cooked and drain in a colander</li> <li>Cool pasta by running cold water over it and shake to remove any excess.</li> <li>While pasta is cooking drain the tuna and sweetcorn, chop the ham, cucumber, tomatoes, olives and sun dried tomatoes into small chunks.</li> <li>Tip all the ingredients into a bowl and mix well.</li> </ol>	