

Pasta Salad

(serves 6)

Preparation time = 30 mins

Cooking time = 15 mins



Method

1. Cook pasta according to packet instructions.
2. Cut the spring onion into 0.5cm pieces using scissors.
3. Cut up the pepper, tomatoes and cucumber into small pieces
4. Juice the lemon
5. Drain the sweetcorn and beans and wash under the tap
6. When pasta is cooked drain and cool under cold running water
7. Place into a large bowl and mix in the cream cheese
8. Add the pepper, onion and cucumber and stir well
9. Add the sweetcorn or beans and stir well
10. Add the herbs, mustard, lemon juice and black pepper

INGREDIENTS

- 2 mugs mixed coloured pasta
- 6 spring onions
- 8 cherry tomatoes
- 1 red pepper
- ½ cucumber
- 1 small tin chickpeas or beans
- Small tin of sweetcorn
- 100g light cream cheese
- 1 teaspoon mixed herbs
- 1 teaspoon grainy mustard
- Juice of 1 lemon
- Ground black pepper to season

EQUIPMENT

- Weighing scales
- Large saucepan
- Colander
- Chopping boards
- Sharp knives
- Tin opener
- Tablespoons
- Teaspoons
- Juicer