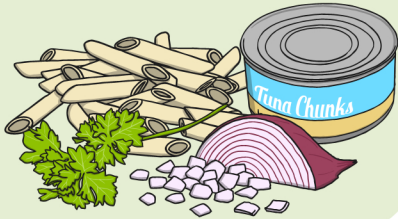


Speedy Tuna Pasta Salad

Ingredients

440g cooked penne
(about 200g dried)
2 tins canned tuna
400g cannellini beans (borlotti or
butterbeans are also good)
½ red onion, finely chopped
zest and juice of 1 lemon
large handful chopped parsley



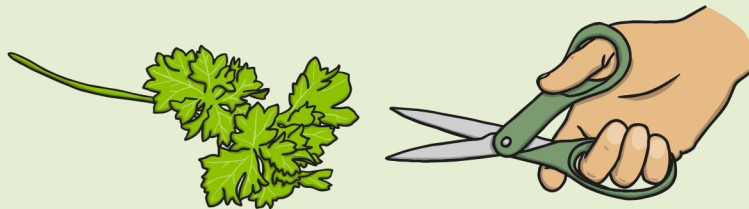
Equipment

Tin opener
Safe knife
Kitchen scissors
Zester
Chopping board
Juicer
Bowl
Fork



Helpful Hint

Clean kitchen scissors are a really useful tool to chop your parsley with!



Method

Step 1: Tip the cooked pasta into a bowl.



Step 2: Use a fork to carefully stir in the tuna taking care not to break it up too much.



Step 3: Gradually add the red onion to taste.



Step 4: Pour in the lemon zest and juice.



Step 5: Add the chopped parsley.

