

Fresh for Kids® Greek salad & tuna pasta salad



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Preparation: about 15 minutes
Cooking: about 10 minutes
Serves: 4

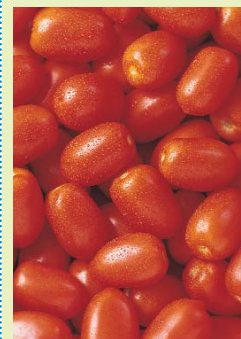
This salad is excellent for a school lunch.
Pack into a chilled lunch box.

250g dried mini penne pasta
250g mini roma tomatoes, halved
1 green onion (shallot), trimmed and
thinly sliced
2 Lebanese cucumbers, cut into 1–2cm dice
1/3 (50g) cup pitted kalamata or black
olives, halved lengthways

75g Greek feta cheese, crumbled
185g can tuna in oil, drained and flaked
2 tbs extra virgin olive oil
1 tbs lemon juice
Salt and ground black pepper

1. Cook pasta, following packet directions, in a large saucepan of boiling water until al dente. Drain, rinse in cold water until cold, and drain again. Place into a large bowl.
2. Add tomatoes, green onion, cucumbers, olives, feta and tuna. Drizzle with oil and lemon juice. Season with salt and pepper to taste. Toss to combine and serve.

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Roma tomatoes

- An excellent source of vitamin C, which the body uses to defend itself against infection.
- Provide potassium which is used by the body to balance adverse effects of the sodium in salt.
- A good source of dietary fibre, present in the seeds, skin and flesh.

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