We are ready......

**Tuna and sweetcorn wholemeal pasta salad**

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**Suggested portion**

**Size for recipe**

1–2 years – 130g

3–4 years – 170g

**Ingredients – Serves 5**

**Wholemeal pasta** 175g

**Canned sweetcorn drained** ½ x 198g can

(Drained weight 85g)

**Tuna in spring water drained** 1¼ x 185g cans

(Drained weight, 160g)

**Mayonnaise, full-fat** 40g (1 heaped tablespoon)

**Plain yoghurt, full-fat** 40g (1 tablespoon)

**Method**

1. Boil the pasta according to the instructions on the packet until tender.

2. Drain the pasta and rinse under cold water. Mix the pasta with the sweetcorn, tuna, mayonnaise and yoghurt.

3. Cover and chill before serving.