

Ingredients needed for: \_\_\_\_\_ Name: \_\_\_\_\_

## **PASTA SALAD AND DRESSING**

### Ingredients

50g penne pasta  
6 green beans  
1 tomato  
1 spring onion  
4 black olives  
50g tuna or cooked meat  
Salt and pepper (at school)  
1 tbsp oil (at school)  
1 tsp vinegar (at school)  
1 tsp wholegrain mustard (at school)  
Container

### Equipment

Saucepan  
Knife  
Chopping board  
Non slip mat  
Tablespoon  
Teaspoon  
Colander/sieve

### Method

1. Bring a pan of salted water to the boil and add the pasta.
2. Boil pasta for approx. 5 minutes then add the green beans.
3. After another 5 minutes, drain the pasta and green beans and run under cold water until cold.
4. Drain the tuna and break into flakes or slice and add the cooked meat.
5. Slice the tomatoes and spring onion.
6. Mix the oil, vinegar and mustard together and add some salt and pepper.
7. Mix all ingredients into the dressing.