

Fresh for Kids®

Kumato, corn & tuna pasta salad



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Preparation: about 20 minutes
Cooking: about 12 minutes
Serves: 4

This salad is excellent to pack into an airtight container and send to school in a chilled lunch box.

200g penne pasta
2 cobs corn, husks removed
180g tuna in oil, drained and flaked
1 Lebanese cucumber, chopped
200g kumatoes*, halved
100g feta cheese, crumbled
2 tbs finely chopped flat leaf parsley leaves
2 tbs extra virgin olive oil
Salt and ground black pepper

1. Cook pasta in a large saucepan of boiling water, following packet directions, until al dente. Drain and refresh in cold water.
2. Meanwhile, wash corn cobs in cold water and individually wrap in plastic wrap. Place onto a microwave turntable and microwave for 4–5 minutes until just tender. Set aside to cool. Slice off kernels and place in a large bowl.
3. Add pasta, tuna, cucumber, tomatoes, feta, parsley and oil to corn. Season with salt and pepper to taste. Toss to combine. Spoon in serving bowls and serve.

* Use cherry tomatoes instead of kumatoes if liked.

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Corn

- A good source of dietary fibre which keeps the intestine functioning well.
- Provides niacin (vitamin B3), essential for the release of energy from proteins, fats and carbohydrates.
- A source of the antioxidant vitamins C and E.
- Low GI as its carbohydrates are digested slowly.

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