

Tomato, cucumber, feta & tuna pasta salad



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Preparation 15 mins | Cooking 15 mins | Serves 4

This salad is excellent for a lunch box or picnic.

200g dried mini penne pasta
250g mini roma tomatoes, halved lengthways
½ small red onion, halved and finely chopped
2 medium Lebanese cucumbers, diced
100g Kalamata olives
100g Greek feta cheese, roughly crumbled
400g can tuna in oil, drained and flaked
2 tbs extra virgin olive oil
1 tbs lemon juice
50g baby rocket leaves

STEP 1 Cook pasta in a large saucepan of boiling water, following packet directions, until al dente. Rinse in cold water and drain well. Place into a large bowl.

STEP 2 Add tomatoes, onion, cucumbers, olives, feta, tuna, oil and lemon juice to pasta. Season with salt and pepper to taste. Gently toss to combine. Toss through rocket and serve.

Good for you... *TOMATOES*

Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.

