



TOMATO, CUCUMBER & HAM PASTA SALAD



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Preparation 15 mins | Cooking 12 mins | Serves 4

- 200g dried mini bow-tie pasta
- 2 sticks celery, trimmed and chopped
- 2 Lebanese cucumbers, diced
- 1 green onion (shallot), trimmed and thinly sliced
- 350g mixed small tomatoes (tomato medley), halved
- 200g sliced leg ham, chopped
- 1 baby cos lettuce, trimmed and chopped

Yoghurt mayo dressing:

- ¼ cup Greek-style natural yoghurt
- ¼ cup kewpie mayonnaise

STEP 1 Cook pasta in a medium saucepan of boiling water, following packet directions, until just tender. Drain and refresh in cold water. Set aside in a colander to dry.

STEP 2 Combine pasta, celery, cucumbers, green onion, tomatoes, ham and lettuce in a large bowl.

STEP 3 To make the yoghurt mayo dressing, whisk yoghurt, mayonnaise and salt and pepper to taste in a bowl. Drizzle mixture over pasta salad. Gently toss to combine 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.

