



# Tuna salad with whole wheat pasta

20'  
Hands on

4-6  
Portion(s)

1  
Difficulty



## Method

For the tuna salad

- Boil the pasta in a **pot** full of boiling, salted water. When ready, drain and rinse with cold running water.
- Place a **pan** over heat and let it get hot. Add the olive oil, tuna and pepper. Sauté.
- In a bowl, whisk together the cream cheese, mustard, honey, salt, pepper, lime zest and lime juice.
- Finely chop the cucumber, sun dried tomatoes, bell peppers, the green part of the spring onions, parsley and mint.
- Add them to the bowl along with the corn, tuna from the pan, grated cheddar and the cool pasta.
- Serve with a barley rusk cut into small pieces, olive oil and freshly ground pepper.

## Ingredients

- 500 g farfalle, whole wheat
- salt
- pepper
- 1 tablespoon(s) olive oil
- 320 g tuna, canned in water
- 300 g cream cheese
- 2 tablespoon(s) mustard
- 1 tablespoon(s) honey
- lime zest, of 2 limes
- lime juice, of 1 lime
- 1/2 cucumber
- 100 g sun-dried tomato
- 100 g corn
- 1 green bell pepper
- 1 red bell pepper
- 2 spring onions
- 2 tablespoon(s) parsley
- 2 tablespoon(s) mint
- 200 g cheddar, grated

To serve

- round barley rusk
- olive oil
- pepper

## Διατροφικός πίνακας

Nutrition information per portion

755 Calories (kcal)	38.0 Total Fat (g)	17.0 Saturated Fat (g)	60.0 Total Carbs (g)
38%	54%	85%	23%
11.0 Sugars (g)	38.0 Protein (g)	12.0 Fibre (g)	1.8 Sodium (g)
12%	76%	48%	30%