**Pleasing pasta**

**Ingredients**  
2 spring onions

**Complexity**: low-medium

4 x 15ml spoon sweetcorn (drained)

1/4 cucumber

200g can mixed beans

1 small can tuna (in water)

200g of cooked bow-tie pasta (farfalle)

1 x 15ml spoon reduced fat dressing

A few sprigs of fresh coriander

**Equipment**

Chopping board, kitchen scissors, measuring spoons, table knife, can opener, sieve, small basin, fork, mixing bowl, wooden spoon.

**Method**

1. Prepare the vegetables:
   * snip the spring onions, using scissors;
   * measure the sweetcorn;
   * chop the cucumber into small pieces;
   * open, drain and rinse the beans in a sieve over the sink.
2. Carefully open and drain the tuna. Place in a small basin and break up gently with a fork.
3. Place the vegetables, beans, tuna and pasta in a large mixing bowl.
4. Pour over the dressing.
5. Stir everything together.
6. Snip coriander over the salad, using scissors.
7. Serve.

**Top tips**

* Use different vegetables or fruit, e.g. French beans, mango.
* Add strips of cooked chicken, ham or beef.

**Food skills**

* Weigh.
* Measure.
* Snip.
* Chop.
* Drain.
* Stir.