



## SLT CHICKEN AND PESTO PASTA SALAD

Quick and easy chicken pasta salad with a bit of pesto.

 10 minutes

 30 minutes

 1 portion

## INGREDIENTS

- 60 grams of pasta, white, uncooked
- 100 grams of tuna, canned in water, drained.
- Squeeze of lemon juice, fresh [5 g]
- 20 grams of pesto, green
- 40 grams of cucumber, with peel, raw
- 60 grams of tomatoes, chopped in half.
- 100 grams of spinach, fresh, raw
- 40 grams of sweetcorn kernels, canned in water, drained

## COOKING METHOD

- 1° Cook pasta in a large saucepan of boiling salted water following packet directions. Drain. Rinse under cold water. Drain in a colander until dry. Transfer to a large bowl
- 2° Combine pesto and lemon juice in a bowl. Season with salt and pepper. Mix well to combine
- 3° Grill 1 skinless chicken breast. Cook until juices run clear and is piping hot. Allow to cool then dice.
- 4° Add chicken, cucumbers, tomatoes, spinach and to pasta. Season with pepper. Drizzle with pesto mixture. Gently toss to combine.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (425 g)	% DRI
ENERGY	92 kcal	392 kcal	20 %
PROTEIN	7 g	30 g	61 %
CARBOHYDRATE	9 g	40 g	15 %
SUGARS	2 g	7 g	8 %
FAT	3 g	13 g	18 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	9 %
FIBER	2 g	8 g	32 %
SODIUM	105 mg	445 mg	19 %