



Provençal Pasta Salad

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Ingredients

- 175g rigatoni or penne pasta
- 4 tablespoons low fat mayonnaise
- juice of ½ a lemon
- 6 tomatoes skinned and chopped
- 125g of French beans, lightly steamed
- 12 Calamata or Black olives
- 1 x 200g can of tuna in brine, drained and flaked
- salt and pepper to taste
- 1 x 50g can of anchovy fillets, drained and washed, to garnish
- 1 small head of iceberg lettuce, to serve

Method

Bring a large saucepan of salted water to the boil. Add the pasta, stir and cook for 10 – 12 minutes until al dente. Drain the pasta well and mix with a little of the dressing

Allow the pasta to cool, turn in a bowl and mix with lemon juice, tomatoes, beans, olives and flaked tuna and season with salt and pepper

Toss the salad lightly in the remaining dressing and serve on a bed of shredded lettuce and garnish with anchovies

Preparation time: 10 – 12 minutes plus cooling

Cooking time: about 12 minutes