

Fresh for Kids®

# Carrot, tomato & tuna pasta salad



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**Preparation:** about 15 minutes

**Cooking:** about 10 minutes

**Serves:** 4-6

Pack the salad into airtight containers and store overnight in the fridge. In the morning, pop the containers into chilled insulated lunch boxes.

1 cob sweet corn, husks removed  
300g dried mini Farfelle (bow-tie) pasta  
250g cherry or mini Roma tomatoes,  
roughly chopped  
1 medium carrot, shredded or grated  
1 Lebanese cucumber, finely diced  
425g can tuna in oil, drained and flaked  
2 tbs extra virgin olive oil  
Salt and ground black pepper

1. Rinse the corn cob in cold water and wrap in plastic wrap. Place in the centre of a microwave turntable. Microwave on High for 2 minutes. Set aside to cool.
2. Meanwhile, cook pasta in a large saucepan of boiling water following packet directions until al dente. Drain and refresh in cold water. Place pasta in a large bowl.
3. Slice the corn kernels from the cob. Add to pasta. Add tomatoes, carrot, cucumber and tuna. Drizzle with oil and season with salt and pepper to taste. Toss to combine and serve.

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## Carrots

- Crunching a carrot or some carrot sticks is an ideal way to freshen the mouth and help keep teeth clean.
- The old adage that carrots help you see in the dark comes from their high content of beta carotene which the body converts to vitamin A. Healthy eyesight (especially in dim light) depends on adequate vitamin A.
- The natural sweetness in carrots makes them popular with kids and they're also a good source of dietary fibre (keeps kids regular).

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