

## Week 3: LET'S COOK

### Layered Rainbow Salad Pots

#### Ingredients

350g pasta shapes (De Cecco is a good brand that stays nice and firm)

200g green beans, trimmed and chopped into short lengths

160g can tuna in olive oil, drained

4 tbsp mayonnaise

4 tbsp natural yogurt

½ small pack chives, snipped (optional)

200g cherry tomatoes, quartered

1 orange pepper, cut into little cubes  
195g can sweetcorn, drained

#### Method

1. Cook the pasta until it is still a little al dente (2 mins less than the pack instructions) and drain well. Cook the green beans in simmering water for 2 mins, then rinse in cold water and drain well. Mix the tuna with the mayonnaise and yogurt. Add the chives, if using.

2. Tip the pasta into a large glass bowl or four small ones, or four wide-necked jars (useful for taking on picnics). Spoon the tuna dressing over the top of the pasta. Add a layer of green beans, followed by a layer of cherry tomatoes, then the pepper and sweetcorn. Cover and chill until you're ready to eat.



Don't forget to share your  
cooking pictures with us!  
**ENJOY!!**

