

Salmon Pasta Salad

300g penne pasta
200g green beans, steamed until tender
220g can red salmon (preferably in water with no added salt)
400g can chickpeas
250g cherry tomatoes, cut into halves or quarters (or ordinary cut into small wedges)
1 medium red onion, thinly sliced
1 large handful of rocket or spinach leaves, roughly chopped
2 Tbsp drained capers
3 tspn wholegrain mustard
2 Tbsp balsamic vinegar
¼ cup orange juice
1 Tbsp olive oil

Cook pasta in a large pot of rapidly boiling water until al dente (cooked but still a bite to it). Rinse under cold water, drain and cool. Place cooled pasta, cooled green beans, chickpeas, tomatoes, onion, rocket and capers into a bowl. Break the salmon into large chunks and add to the bowl; mix carefully together, taking care not to break up the salmon too much. Blend the mustard, vinegar orange juice and olive oil together, pour over the salad and mix gently through. Serves 6.

Health Habits: