

Chicken Pasta Salad



Ingredients

100g pasta shapes	1 carrot
1 baby gem lettuce	100g cooked sliced chicken
1 tomato	2 x 15ml spoons low fat dressing
¼ cucumber	

Equipment



Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 8-10 minutes (check the packet instructions).
2. While the pasta is cooking, prepare the other ingredients:
 - shred the lettuce and chicken;
 - slice the tomato;
 - chop the cucumber into small chunks;
 - peel and grate the carrot.
3. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
4. Place the pasta in the serving dish and stir in 1x15ml spoon of dressing.
5. Add the other ingredients and mix with a spoon.
6. Lastly, drizzle over the remaining dressing.

Top Tips

- Swap the chicken for grated cheese or fish: tuna, salmon and mackerel all work brilliantly.
- Go for different dressings - why not try balsamic vinegar?
- Create your own Caesar salad, using cos lettuce, croutons, dressing and parmesan cheese.
- Why not add some fruit, seeds or nuts for extra texture?



Skills

- Using the hob
- Preparing a selection of vegetables
- Using the grater
- Using the vegetable peeler
- Weighing and measuring