

Tuna Pasta Salad

Ingredients

serves 4

220g Penne pasta
2-3 Celery stalks chopped
1 Cup frozen green peas thawed
¼ Red salad onion, sliced thinly
190g Tuna steak, cooked and flaked

For the creamy dressing:

1 Avocado very ripe
1 Cup plain greek yogurt
2 Tbsp chopped dill plus more to garnish
½ Lemon juiced
1 Tbsp Dijon mustard
1 Garlic clove minced
1 Tsp Chilli flakes or to taste
Salt and pepper, to taste



Method

Cook the pasta according to package directions, then drain and set aside in a large bowl to cool.

Place all dressing ingredients into a blender or food processor and pulse until smooth and well combined. Taste and adjust the seasoning.

Pour the sauce over the pasta, and stir in the celery, peas, onion and tuna. Mix with a spatula until nicely coated. Divide into bowls and enjoy!