


Italian Salad Jar

Serves: 2

Prep time: 15 minutes

Cook time: 0 minutes

 3 serves per portion

Ingredients

½ cup wholegrain pasta, cooked
2 large ripe tomatoes, halved and deseeded
½ fresh red chilli, chopped
3 sprigs fresh basil
½ lemon, juice
1 tablespoon extra virgin olive oil
2 large ripe tomatoes, chopped
2 cups spinach
95g can tuna in spring-water, drained
15g parmesan cheese, shaved
1 lemon, wedge to garnish

Method

SPOON the cooked pasta into the base of a 1 litre jar.
WHIZ tomatoes in a blender with the chilli, basil, lemon juice and olive oil.
SEASON to taste and spoon over the pasta.
BUILD the rest of the jar with the chopped tomato, spinach, tuna, and top with parmesan.
TOP with the lemon wedge (squeeze for juice when ready to eat).
PLACE the lid on.



Everyday Food

Recipe courtesy of the Country Kitchens team