



BOW TIE FARFALLE PASTA SALAD

With tuna, vegetables and mustard

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FARFALLE PASTA SALAD



Serves

4 people

Ingredients available at [Mediterranean Foods](#)

Ingredients

- 320g Farfalle De Cecco
- 1 Tin of 250g tuna preserved in oil
- 2 Carrots peeled and cut in 2cm cubes
- 2 Cups of frozen peas
- 1 Red capsicum cut in 2cm cubes
- 1/2 Cup of Italian parsley roughly chopped
- 2 Tablespoons of smooth sweet mustard

1. Cook the farfalle in plenty of salted boiling water to 'al dente'.
2. Drain and place into a large tray to cool, with a sprinkle of extra virgin olive oil to prevent sticking all together.
3. Cook the carrots in boiling water until just soft. Add the peas as well and wait 1 minute before draining all together. Cool in cold water.
4. Place the cold pasta in a large bowl, add the vegetables. Add the mustard, parsley and the tuna with a little of its oil.
5. Mix well, season and serve cold.

Buon appetito!



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