

BLUE ANGEL

CREAMY TUNA PASTA SALAD



Makes: 4



Prep time: 10 mins



Cooking time: 20 mins

Ingredients

- 250g Whole Wheat Penne
- 2-3 Celery Stalks chopped
- **140g Emborg Garden Peas, thawed**
- **1 can Blue Angel Tuna in Sunflower Oil**
- 26g red onion finley chopped
- 1 Avocado very ripe
- 245g plain greek yogurt
- 2 Tbsp chopped fresh dill
- ½ Lemon juiced
- **1 Tbsp Maille Dijon Mustard**
- 1-2 Garlic cloves minced
- Chili flakes to taste
- Salt and pepper, to taste

Method

- 1 Boil the pasta according to package directions, then drain and set aside in a large bowl.
- 2 Place the avocado, yogurt, dill, lemon juice, mustard, garlic, chilli, salt and pepper into a blender or food processor and pulse until smooth and well combined. Taste and adjust the seasoning.
- 3 Pour the dressing over the pasta and stir in the celery, peas, and tuna. Mix with a spatula until nicely coated.

