

# Chicken and tomato pasta salad

Cost: 87p portion

## **Lunchbox idea:**

Chicken and tomato pasta

Veg option: Tomato and sweet corn pasta salad

Veggie side: carrot sticks with hummus

Fruit side: grapes sliced in half

Dairy: yoghurt



## **Ingredients**

- 50g wholewheat pasta (dry weight)
- 40g cooked chicken breast (chopped)
- 30g cherry tomatoes (halved)
- 30g cucumber (diced)
- 20g sweetcorn (cooked or canned, drained)
- 10g grated cheddar (optional, for calcium)
- 1 tsp olive oil
- ½ tsp lemon juice
- Pinch of dried herbs (oregano/basil) – optional

## **Method**

1. Cook pasta according to packet instructions (about 8–10 mins). Drain and allow to cool.
2. Dice chicken, cucumber, and halve tomatoes.
3. In a small bowl, mix olive oil, lemon juice, and herbs to make a light dressing.
4. Combine cooled pasta, chicken, tomatoes, cucumber, sweetcorn, and cheese in a bowl.
5. Drizzle with dressing and toss lightly.

A decorative border made of overlapping watercolor circles in a rainbow spectrum (red, orange, yellow, green, blue, purple) surrounds the central text.

# **Rainbow Bites Club here every Monday at 3:30-4:15**

Let's get creative and eat the rainbow with our exciting recipes, perfect for lunch boxes!

Mrs Kuzyk and Mrs Pickering