



## Members Recipe Book

### Tuna Bean & Pasta Salad

Maria Battaglia

#### Ingredients

2 red capsicums  
200 grams dry pasta (shells, twists – you choose)  
425 grams tuna (in brine or spring water)  
One bunch flat leaf parsley washed and finely chopped  
300 gram tin three-bean mix, rinsed and drained  
2 spring onions, chopped

#### Dressing:

3 teaspoons extra virgin olive oil  
2 tablespoons red wine vinegar  
Salt to taste (optional)

#### Method

- Slice and remove insides of capsicums in two, roast at 200°C for 20 minutes or until skin has shriveled.
- Peel and slice into strips. Cook pasta and drain well.
- In a large bowl, combine the pasta with the tuna, coriander/parsley, beans and capsicum.
- Combine dressing ingredients and mix through the pasta mixture. Top with chopped spring onions.