

Mild Mexican Pasta Salad

6 portions

Ingredients

400g Fusilli pasta
30g Sweetcorn (cooked)
200g Black eyed beans
50g Tomato
deseeded and diced
50g Avocado, small dice
60g Carrot, peeled and grated
1tsp Paprika
80g Cucumber, small dice
100ml Natural yoghurt
1tsp Sunflower oil
½ Lime (juice only)
1tbsp Mayonnaise

1. Cook the pasta, according to package instructions
2. Rinse with cool water, drain, and place in a large bowl
3. Meanwhile, fry the sweetcorn, black beans, tomatoes, avocado and carrot in a little oil with the paprika for a few minutes. Leave to cool, then add to the pasta along with the cucumber
4. For the dressing, stir together the yoghurt, oil, lime juice and mayonnaise
5. Pour over the pasta mixture
6. Toss to coat

