



Turkey and corn spirals

200g fusilli pasta
 150g cherry tomatoes, halved
 1 carrot, peeled and thinly sliced
 1 lebanese cucumber, thinly sliced
 ½ cup (100g) corn kernels, drained
 6 slices turkey, chopped
 sea salt and cracked black pepper
 2 tablespoons whole-egg mayonnaise
 1 tablespoon water
 2 tablespoons lemon juice

Cook the pasta in a large saucepan of salted boiling water for 10-12 minutes or until al dente. Drain and set aside to cool. Place the tomato, carrot, cucumber, corn, turkey, pasta, salt and pepper in a bowl and mix to combine. Place the mayonnaise, water and lemon juice in a bowl and whisk to combine. Pour over the pasta and toss to coat. Serves 2.

Chicken caesar pinwheels

½ cup (65g) cream cheese
 1 tablespoon water
 100g shredded store-bought barbecued chicken
 ½ cup (25g) grated parmesan
 2 tortillas
 6 baby cos (romaine) lettuce leaves

Place half the cream cheese in a bowl with the water, chicken and parmesan and mix to combine. Spread the tortillas with the remaining cream cheese and top with the lettuce. Spread with the chicken mixture and roll tightly to enclose. Cut in half to serve. Serves 2.

➤ To become a wine expert in seven easy steps, see [taste.com.au](#) inside *body+soul*.

TOP DROPS WITH PETER FORRESTAL

2008 Three Drops Cabernet, \$22

This impressive Mount Barker producer's reds continue to improve as the vineyard gains vine age. This is their best cabernet to date: minty with a touch of dried herb, blackcurrant pastille, silky smooth and textural, before a firmish finish.

2009 Penny's Hill The Specialized Shiraz Cabernet Merlot, \$22

There's value in this lush red blend from consistent McLaren Vale producer Penny's Hill: ripe redcurrant and raspberry flavours, juicy and succulent, fresh and vibrant and, above all, approachable.

2008 S.C. Pannell Pronto Tinto, \$27.50

WA-born Stephen Pannell is one of the country's finest winemakers. This red blend of Portuguese and Spanish varieties – grenache, mourvedre, touriga and syrah – is very savoury (non-fruity) and textural. It's bold, dense, seamless, velvety smooth and seductive current drinking.



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