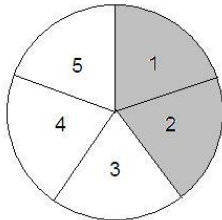


Tuna & Vegetables with Pasta

Serves 3-4

Portions of fruit & vegetables per serving: 2
(based on 3 servings)



Hob needed



Allergen information:

Allergens are in bold below.

Contains fish

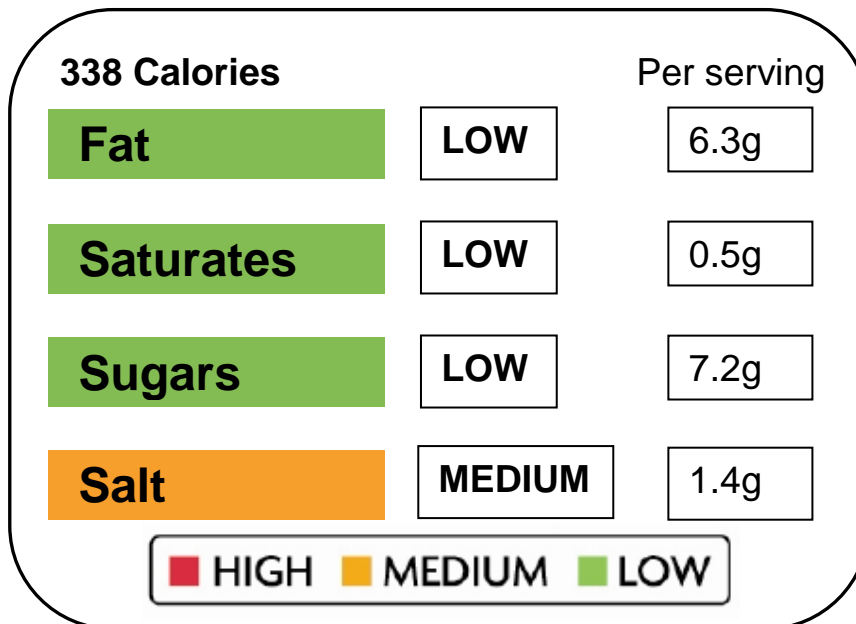
Contains cereals
containing gluten

Ingredients	Amount	Preparation
pasta shapes	250g (9oz)	
vegetable oil	1 dessertspoon	
onion	1 medium	chopped
garlic	1 clove	finely chopped or crushed
sweet pepper	1 medium	roughly chopped
canned chopped tomatoes	1 can (400g / 14oz)	
canned tuna chunks - in brine or water	1 can (185g/ 6oz)	drained
canned sweetcorn	1 small can (200g/ 7oz)	
black pepper	to taste	
dried mixed herbs	1 teaspoon	

Please Turn Over

Method

- 1 Cook the pasta in a pan of boiling water for about 10 minutes.
- 2 In a separate saucepan heat the oil and gently fry the onion and garlic until soft.
- 3 Add the chopped pepper, tomatoes, tuna chunks and sweetcorn, stir together and season with black pepper and mixed herbs.
- 4 Simmer for about 10 minutes.
- 5 Mix into the cooked pasta.
- 6 Serve.



Handy Hints

- Serve with salad to increase the portions of vegetables.
- If children or family members don't like onion or peppers, cook the vegetable ingredients (except the tuna and sweetcorn) and blend with a hand blender. The vegetables cannot be recognised but the sauce still contains all the goodness. Mix in the tuna and sweetcorn, warm through for 5 minutes before serving.
- Frozen peas can be used instead of sweetcorn.