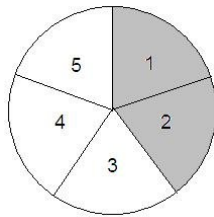


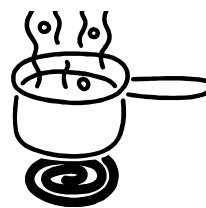
Tuna and vegetables with Pasta

Serves 3-4

Portions of fruit & vegetables per serving: 2



Hob needed

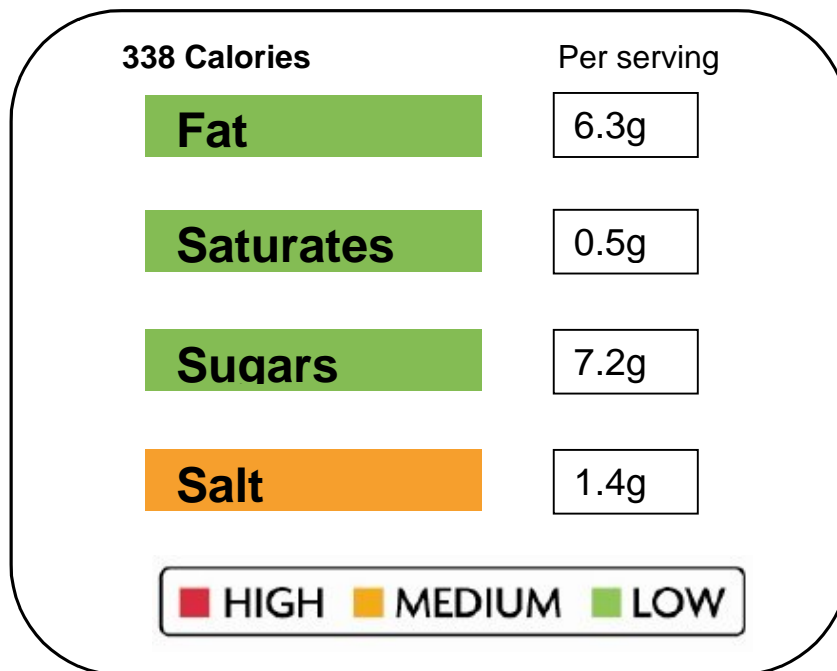


Ingredients	Amount	Preparation
pasta twists	250g (9oz)	
tuna chunks (use in brine)	1 can (185g / 60z)	drained
canned tomatoes	1 can (400g / 14oz)	
green or red bell pepper	1	roughly chopped
onion	1	chopped
garlic	1 clove	finely chopped or crushed
sweetcorn	1 small can (200g / 7oz)	
pepper	pinch of each	
vegetable oil	1 dessertspoon	
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 fry the onion and garlic.
- 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 (and crusty bread to make it serve more people).
- 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 recognized 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.