



Tuna and Tomato Pasta with Veggie Sticks



Ingredients:


This recipe makes 4 portions of about 200g.

- 1 tablespoon olive oil
- 1 small onion, diced
- ½ clove garlic, finely chopped
- 1 large (400g) can chopped tomatoes with herbs
- ½ teaspoon sugar
- 150g dried pasta shapes, such as penne
- 1 small (200g) can tuna in spring water, drained.

Method:

1. Heat the olive oil in a saucepan and cook the onion until softened.
2. Add the chopped garlic and cook for a further minute.
3. Add the chopped tomatoes and sugar and bring to the boil.
4. Reduce the heat and allow to simmer without a lid for about 12 minutes.
5. Meanwhile, cook the pasta in boiling water according to the instructions on the packet.
6. Flake the drained tuna with a fork and stir into the pasta sauce to warm through.
7. Drain the cooked pasta well and return it to the pot. Pour the sauce over the pasta and mix gently

Serve with 80 grams of cucumber and pepper sticks and a glass of water.

	The portion sizes shown in the photo meet the needs of an average 5-11 year old.
Tuna and tomato pasta	200g
Cucumber	40g
Yellow pepper	40g
Water	150ml



Recipe:

<http://cptportal.cumbria.nhs.uk/SiteDirectory/ChildrensServices/Public%20Health/Healthy%20weight%20programme/SESSION%20%20Eating%20Well/Session%20%20Additional%20Resources/CHEW-5-11-MAINMEALS.pdf>