







## **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

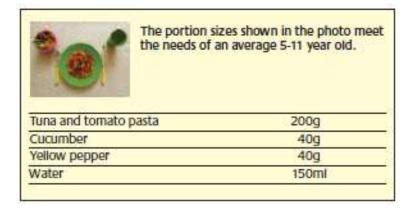
150g dried pasta shapes, such as penne

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.





## Recipe

http://cptportal.cumbria.nhs.uk/SiteDirectory/ChildrensServices/Public%20Health/Healthy%20weight%20programme/SESSION%202%20Eating%20Well/Session%202%20Additional%20Resources/CHEW-5-11-MAINMEALS.pdf