



## PASTA WITH SWEETCORN AND TUNA

*This dish is quick to prepare and makes a good midweek standby. It's also good eaten cold as a lunchbox salad.*

### **Makes 4 servings**

- 175 g (6 oz) pasta shapes (adjust the quantity according to your children's appetite)
- 1 tbsp (15 ml) olive oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 tin (400g) chopped tomatoes
- 1 tbsp (15 ml) tomato puree
- 125 g (4 oz) sweetcorn
- 1 tin (200g) tuna in water or brine, drained and flaked
- 1 tsp (5 ml) dried basil

- 1 1 Cook the pasta according to the directions on the packet. Drain.
- 2 Meanwhile, place the onion, garlic and tomatoes in a large non-stick frying pan and cook for 4-5 minutes until onion is soft
- 3 Stir in the tomato puree, chopped tomatoes and sweetcorn and cook for 5 minutes.
- 4 Add the tuna and basil and heat through.
- 5 Stir the Sweetcorn and Tuna sauce into the pasta and serve.