



**TUUNNA
PASTAA**

P79

SHOPPING LIST

SERVES 4



Pasta



Spring onions



Garlic



Tin of tuna

P80



Tin of tomatoes



Tin of sweet corn



Dried mixed herbs



Cheese



Oil

HOW TO COOK



bring a pan of water to the boil



Weigh out 300g of pasta

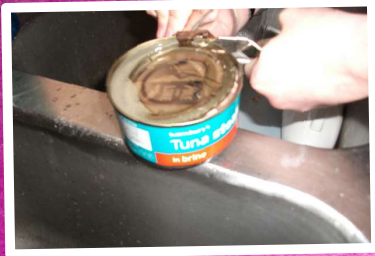


Add the pasta



Cook the pasta for 10 minutes
(or until soft)

Whilst your pasta is cooking



Open the tin of tuna and
drain off the brine



Open the tin of sweet corn and
drain off the water



Open the tin of tomatoes



Slice the spring onion



Peel a clove or garlic



Finely chop the clove of garlic



heat 1 tablespoon of oil in a pan



Add the spring onion



Add the Garlic and fry for 1 minute



Add the tuna



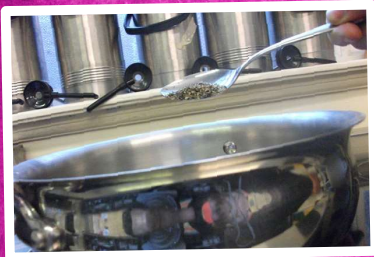
Add the sweet corn



Stir for 1 minute



Add the tinned tomatoes



Add a table spoon of mixed herbs



Stir and cook for 5 minutes



when your pasta is cooked,
drain it in a colander



Add the pasta to the sauce



Stir well together until all the pasta
is covered with sauce



Serve the pasta in bowls with
some cheese on top