



Make tuna and vegetable pasta

Try this colourful, quick-to-prepare pasta dish that's full of flavour.

What you need

Serves 4

- 350g **penne pasta** (or any shape)
- 1 tbsp olive oil
- 1 red onion, chopped
- 1 clove garlic, crushed
- 400g **tinned chopped tomatoes**
- 200g **tinned tuna**, drained
- 250g green beans, halved
- 200g cherry tomatoes, halved
- 1 or 2 tbsp black olives
- Saucepan
- Colander
- Chopping board
- Chopping knife
- Wooden spoon

This tasty pasta dish is packed with protein – from the tuna – that will keep you feeling full, as well as lots of vegetables. It can be eaten piping hot, straight out of the pan, or cold. Left-over pasta can be a great addition to a picnic lunch. This recipe serves four people and takes about 25 minutes to prepare. If you don't like olives, just leave them out. If you have any fresh herbs, such as parsley or basil, chop a handful finely and stir it in with the tomatoes and olives at the end. You can serve this dish with a grated cheese of your choice to sprinkle on top – Parmesan or Cheddar would work well.

Instructions

- 1 Cook the pasta in boiling salted water until just tender. See point 5.
- 2 Meanwhile, heat the olive oil in a large pan and fry the onion for five minutes, to soften. Add the garlic and fry for a further minute.
- 3 Pour in the chopped tomatoes, bring to the boil, then simmer for about 10 minutes.
- 4 Add the tuna to the pan and cook until heated through.
- 5 Pop the green beans in with the pasta for the last two minutes of cooking time.



6 Drain the pasta and beans, then add to the pan with the tuna and tomato sauce.

7 Finally, stir in the cherry tomatoes and black olives. Mix the whole lot thoroughly to combine the ingredients evenly and serve.

Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy



PASTA SOURCE

Penne (Italian for pen) is cut to look like the slanted tip of a feather quill, which people used for writing.

WARNING!

Ask for permission before you start cooking.



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SCAN ME