

# Tuna pasta



Serves: 4

## Time

Preparation time 10 minutes

Cooking time 15–20 minutes



## Ingredients

- 2 teaspoons sunflower oil
- 2 spring onions (scallions), chopped
- 1 small red or yellow pepper, chopped
- 400g tinned chopped tomatoes with herbs
- 2 x 185g tinned tuna in spring water, drained and flaked
- 200g pasta, eg penne
- chives, chopped, to garnish (optional)

## To serve

- salad

## Method

1. Heat the oil in a small saucepan. Add the spring onions and the pepper and fry gently for 3–4 minutes.
2. Add the tomatoes and the tuna and heat through.
3. Meanwhile, cook the pasta according to the instructions on the packet.
4. Drain well and combine with the tomato and tuna mixture. Garnish with chopped chives and serve with salad.