EASY EATS - TUNA AND LEMON PASTA

TIME: 30 MIN | SERVES: 4

INGREDIENTS:

- 300g or 3 cups of pasta (uncooked)
- 425g can of tuna in spring water or oil, drained
- 3 cloves of garlic
- 2 teaspoons of grated lemon rind and 2 tablespoons of lemon juice from 1-2 lemons **OR** swap for any pasta sauce (tomato, pesto)
- 2-3 cups of any veg (fresh, frozen or tinned)
- Salt and pepper to taste

EQUIPMENT:

- Large frying pan
- Large saucepan
- Strainer
- Wooden spoon
- Chopping board
- Knives
- Measuring cup/spoons
- Grater
- Bowl
- Can opener (if needed)

TIP!

This recipe is just a guide. Try swapping different ingredients such as premade sauces, other grains, vegetables and meat!

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South West Healthcare

PORTLAND DISTRICT HEALTH

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DIRECTIONS - TUNA AND LEMON PASTA

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1.

Cook the pasta in 3 litres of boiling water until soft (approximately 10-14 minutes).

2.

If you're using fresh veg, chop into small pieces or grate. Then finely chop the garlic.

3.

Add veg and garlic to pan over medium heat and cook until soft. 5-10 minutes for fresh or frozen, 2-3 minutes for tinned.

4.

Keep 1/3 cup of pasta water and then drain cooked pasta. Return pasta to pot, with pasta water and veg and cook for 3 minutes.

5.

Finely grate the lemon rind and then squeeze the juice into a bowl.

6.

Add drained tuna, lemon rind/juice (or pasta sauce) and salt and pepper. Stir to combine, heat for 2 minutes and serve.