

## Tuna and Tomato Pasta



Level - easy

Prep time – 10 minutes

Cooking time – 25 minutes

Serves 1

### Ingredients

50g or half a mug of uncooked wholewheat pasta

1 tablespoon olive oil, vegetable oil or any cooking oil (or 1 teaspoon of butter)

½ an onion

½ tin of tuna, drained

½ tin of chopped tomatoes

20g or roughly 2 tablespoons of grated cheese

## Method

Step 1 – cook the pasta in boiling water according to the packet instructions, drain and set aside

Step 2 - peel the onion and grate using a box grater

Step 3 – heat the oil in the pan for one minute or gently melt the butter

Step 4 - cook the onions for 4-5 minutes until they are see-through, keep stirring them

Step 5 – add the chopped tomatoes, turn up the heat and continue to cook until the sauce has reduced by about a quarter. This should take around 20 minutes. Continue to stir well

Step 7 – when the sauce has reduced, add the tuna and mix well

Step 8 –tip the pasta into the pan with the sauce and stir through

Step 9 – add half of the grated cheese and mix and gently heat through

Step 11 – remove from the pan, sprinkle over the remaining grated cheese and serve

Happy Cooking 😊

