

POTLUCK

Pasta with Tuna and Mediterranean Vegetables



Ingredients:

100g pasta per person
1 large onion
1 pepper - red, green, yellow whichever you prefer
1 clove garlic
1 tin tomatoes (chopped or whole)
½ tin tuna fish
vegetable oil
grated cheese (optional)

Method:

1. Peel and chop onion and garlic.
2. Wash pepper, remove seeds and stalk and then dice.
3. Heat oil in a pan and add onion. Stir without browning until soft.
4. Add diced pepper then stir until all vegetables have softened.
5. Add tinned tomatoes and garlic then bring to boil.
6. Reduce to a simmer and put on lid.
7. Meanwhile bring a pan of water to the boil.
8. Add pasta and bring back to the boil. Cook until just soft following instructions on packet.
9. Add tuna to vegetable sauce.
10. Drain pasta and serve in bowls ladle sauce over pasta.