



Tuna and Tomato Pasta (Serves 4)

This recipe is low in fat and can be cooked up quickly using ingredients from your store cupboard.

Ingredients

- ½ tbsp oil
 - 1 tin tuna, drained
 - 300g pasta
- Tomato Sauce***
- 1 onion, chopped
 - 1 garlic clove, crushed
 - 2 tsp tomato puree
 - 1 tin chopped tomatoes
 - 1 tsp dried oregano
 - 1 tsp dried basil

*Alternatively substitute for any tomato based pasta sauce available and skip to stage 3.

Method

1. Heat olive oil in pan. Add onion and crushed garlic, cook on low heat. Once soft, add tomato puree. Heat for 2-3 mins
2. Add chopped tomatoes, oregano and basil. Leave to simmer on a low heat for 10 mins
3. Bring a pan of water to the boil, add pasta and cook for 10-12 minutes
4. Add tuna to the tomato sauce and heat through
5. Drain the pasta and add to sauce, mix well and serve

Nutrition

Tuna is a great source of protein and naturally low in fat. Therefore, a good alternative to red and processed meats. Fish is a good source of many vitamins, and minerals such as selenium, calcium and iodine. Iodine helps to make thyroid hormones which are important for growth and metabolism.

Nutrition per portion - 329g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
415kcal	4.9g	0.7g	12.2g	0.2g	20.3g	68.7g	7.5g
21%	7%	3%	14%	4%	41%	26%	-

% of an adult's reference intake

If you enjoy the recipes, let us know email: rowettnews@abdn.ac.uk