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

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

<table>
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<th>Energy</th>
<th>Fat</th>
<th>Saturated</th>
<th>Sugars</th>
<th>Salt</th>
<th>Protein</th>
<th>Carbs</th>
<th>Fibre</th>
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<tbody>
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<td>4.9g</td>
<td>0.7g</td>
<td>12.2g</td>
<td>0.2g</td>
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<td>68.7g</td>
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<td>7%</td>
<td>3%</td>
<td>14%</td>
<td>4%</td>
<td>41%</td>
<td>26%</td>
<td>-</td>
</tr>
</tbody>
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% of an adult’s reference intake

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