

# Tuna and Lentil Pasta serves 3/4

## what you need

2 tins tuna

2 tins garden peas

1 tin lentils

1 tin chopped tomatoes

Approximately 300g of pasta (scale up or down as required)

## Optional ingredients:

herbs (dried basil works particularly well)

salt and pepper

grated cheese

## what to do

Boil a pan of water and add the pasta. Cook on a high heat for 12-15 minutes, stirring regularly.

Empty the chopped tomatoes into a saucepan.

Drain the tins of peas and drain away half of the liquid from the lentils. Add these to the tomatoes and cook on a medium heat.

Add the dried basil, if you have some, and salt and pepper for seasoning.

Add the piping hot sauce (ensure that the peas are soft) to the drained pasta, mix thoroughly.

Drain the tuna, add to the pasta and stir well.

Continue to cook the mixture on a medium heat for approximately 2-3 minutes.

Serve with grated cheese and enjoy!



*This recipe allows for many variations. Butterbeans or chickpeas can be used instead of, or as well as, the peas. The tuna can be switched for sardines. The tomatoes can be replaced by a pasta sauce or a carton of passata. Adding lentils will thicken the sauce and makes it go a lot further!*

