



Ingredients

- 300g wholemeal pasta
- 1 teaspoon of olive oil
- 1 medium red onion
- 1 garlic clove, crushed
- 400g tinned chopped tomatoes
- 1 tablespoon tomato puree
- 150g sweetcorn, drained
- 2 teaspoons dried basil or mixed herbs
- 2 x 185g tinned tuna in water, drained and flaked



1

Prepare all your ingredients



garlic



onions

2

Cook the pasta following the instructions on the packet



3

While the pasta is cooking, heat the olive oil in a large non-stick frying pan. Add the onion and garlic and cook gently until soft, about 4-5 minutes

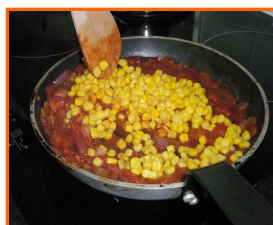


It's important to measure out your oil to keep the fat content low



4

Add the tomatoes, tomato puree, sweetcorn, basil or mixed herbs and cook for 5 minutes. Just before serving, add the tuna and stir through gently



5

Drain the pasta well and serve with the tuna and sweetcorn sauce

