

Pasta with Tuna and Mediterranean Vegetables



Ingredients for 2 people

100g pasta per person

1 large onion

1 pepper - red, green, yellow whichever you prefer

1 clove garlic

1 tin tomatoes (chopped or whole)

$\frac{1}{2}$ 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 them.
3. Heat oil in a pan and add onion and garlic. Stir without browning until soft.
4. Add diced pepper then stir until all vegetables have softened.
5. Add tinned tomatoes and 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 and cook until just soft following instructions on packet.
9. Add tuna to vegetable sauce.
10. Drain pasta and place in bowls.
11. Ladle sauce over pasta and serve with grated cheese.