

# **Simple tuna pasta**

**Serves: 4**

**Prep time: 5 mins**

**Cooking time: 15 mins**



## **Ingredients**

250g wholemeal pasta

400g can tuna in oil

1 cup frozen peas

400g can corn kernels, rinsed and drained

Juice and rind of ½ lemon

¼ cup parsley, roughly chopped (optional)

1 tbsp baby capers (optional)

½ tsp chilli flakes (optional)

## **Step 1:**

Bring a large saucepan of water to the boil. Add pasta and cook for 10-12 minutes or until soft but with a slight bite. Drain.

## **Step 2:**

Transfer pasta back to pot and stir through the tuna (with oil), frozen peas and corn and heat gently for 1-2 minutes until the peas have thawed and vegetables are heated through.

## **Step 3:**

Stir through the remaining ingredients.

For this recipe and more visit:  
**[healthymadetasty.com.au](http://healthymadetasty.com.au)**



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