

Tuna Tomato Pasta

Ingredients & Cost

Prices are from Aldi Supermarket

- Can of tuna - £0.75
- Can of chopped tomatoes - £0.35
- Mug of pasta - £0.29 for one bag
- Salt and pepper (optional)
- Optional: any other veg, chilli flakes, garlic granules, dried herbs, cheese

This is a filling and easy meal, which can be made in just 10 minutes. It makes a great lunch or dinner, and is packed with protein which will keep you fuller for longer. It is also very versatile, as it is easy to add any extra veg you might have into the sauce to make it even more nutritious. The total cost to make the recipe is £1.39.

Timing: 10 minutes

Equipment

- Mug
- Bowl x2
- Microwave
- Spoon or fork
- Sieve (optional, can use spoon to drain instead)

Method

1. Put the pasta into your bowl and pour in hot water (heated either in the microwave or kettle) so that the pasta is fully covered
2. Cook the pasta by putting it in the microwave for the time it advises on the back of the packet
3. While the pasta is cooking, mix together the tin of tomatoes and tuna in the mug or a separate bowl, and add the salt, pepper, and any other veg/ seasonings you have (such as garlic granules, dried herbs, chilli flakes)
4. Add this into the microwave for the last 2 minutes that the pasta is cooking
5. Drain the pasta and mix the sauce in.

