



5-a-day Tuna Pasta Bake
(Serves 6)

2 x 400g tin chopped tomatoes
3 x tinned tuna in spring water
½ can x Baked Beans
½ can x tinned green lentils
½ can x kidney beans
1 can x sweetcorn
1 x large onion
1 x red pepper
600g x farfalle or penne
6 tablespoon x parmesan

Cook the pasta in boiling water until it is almost soft.
Place pasta in a baking dish and mix with all the other ingredients apart from the parmesan. When mixed sprinkle the parmesan on top in an even layer.
Bake in the oven for 15-20 minutes.

Nutrition per serving (approx 150g)

Calories 549 kcal

Salt 0.16g

Sugar 12.6g

Fat 4g

***High in vitamin C!**