



Tuna pasta

What you'll need

- 450g dried pasta (this can be pasta shapes or spaghetti)
- 2 tablespoons vegetable oil
- 1 small onion, peeled and diced
- 1 green pepper, de-seeded and diced
- 1 teaspoon garlic paste or 1 clove garlic, crushed
- 1 teaspoon dried mixed herbs
- 1 teaspoon bouillon powder or reduced salt veg stock
- 1 1/2 large cans (400g) chopped tomatoes (total 600g)
- 2 cans tuna (185g per can) in water, drained (275g drained weight)

Allergies

- Dairy free
- Egg-free (if the pasta is egg-free)

Recipe makes 4 adult portions

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Tuna pasta

What to do

1. Boil the dried pasta in a large pan of water until it's cooked (10–12 mins).
2. Heat the oil in a large saucepan and add the onion, pepper, garlic, herbs and bouillon powder and fry, stirring regularly, until the onions and peppers are soft.
3. Add the canned tomatoes and tuna and heat through.
4. Add the cooked pasta and stir thoroughly until the tuna pasta is heated through. Serve with a side of cooked peas, or other veg you have at home as finger food for babies.

For babies

Don't add the bouillon powder until after you have taken out the baby's portion.

Chop the pasta finely, and allow to cool before serving.

Leftovers

Cool within 1-2hrs, then store in an airtight container in fridge, or freeze. Use leftovers in fridge within 2 days. Defrost leftovers from freezer thoroughly before reheating. When reheating make sure food is piping hot all the way through. Only reheat once. Cool before serving to babies.

Adults, or teenagers
aged 12–18



5–11 year old



1–4 year old



7–12 month old

