

# Good food FOR FAMILY

## SPICY TUNA & TOMATO PASTA

When a family cooks and eats together, it's more than just a meal – it's a time to yarn, share stories, and pass down knowledge.

Here's a simple, tasty, affordable meal to try with your family!



**SERVES 6+**  
**COOK TIME: 20 MINS**  
**COST: LESS THAN \$25**

## INGREDIENTS

- 1 packet pasta (500g)
- 2 cans tomato
- 1 can corn
- 1 can tuna in springwater
- ½ cup sliced sun dried tomatoes
- 1 red onion
- 1 tbl spoon minced garlic
- Chilli to taste

## METHOD

- Bring saucepan of water to boil. Add pasta and boil until just cooked.
- While pasta is boiling, heat some oil in a pan. Add the sliced red onion, garlic and chilli to taste; fry for 2 minutes.
- Add the canned tomato, sliced sundried tomato and corn to the pan. Bring to a simmer.
- Add the tuna and cooked pasta to the sauce and stir through.
- Serve as pasta with fresh parsley and squeeze of lemon
- OR place in baking dish, sprinkle with a light layer of cheese and bake in moderate oven until golden.



**OLD WAYS ARE  
OUR FUTURE WAYS**

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**RECIPE**  
scan here  
to access!



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