



**Allotment Gardening In North Essex -- At Home In The Kitchen**

## **Vegetable and Tuna Pasta**

### **Ingredients: 4 portions**

400g 8oz of prepared vegetables  
-mushroom,courgette, french beans,  
onion, mange tout, carrots for exam-  
ple  
400g 8oz Tomatoes  
300g 6oz Spaghetti or you choose  
the type  
2 cloves of garlic  
2 tbsp of Olive Oil  
Small tin of tuna in water or brine.  
Salt and pepper  
Pinch of Italian pasta seasonings

### **Method:**

1. Prepare vegetables by cutting into thin strips to make for quick cooking.
2. Blanch and peel tomatoes as the recipe shown below and dice.
3. Place pot on to boil with water a little oil and salt ready to cook pasta
4. Add olive oil to pan and heat and add onions and garlic with Italian seasonings and cook gently for about 2 min.
5. Meanwhile add pasta to boiling water and allow to cook for approx 10 min
6. Add french beans, and carrot and continue cooking gently for a further 2 min.
7. Add the mushrooms and mange tout and cook gently for approx 2 min.
8. Add the diced tomatoes and allow to cook for another 2min.
9. Add the tuna and cook until all the vegetables are just cooked.
- 10.Strain the pasta when cooked and add to the sauce.
- 11.Mix together well and serve.