

## Tuna and spinach wholewheat pasta bake

### Ingredients

300g wholewheat pasta  
 1 red pepper, deseeded and chopped  
 1 onion, peeled and chopped  
 1 clove garlic, peeled and crushed  
 1 tablespoon oil or spray oil  
 2 x 400g can chopped tomatoes  
 Fresh basil leaves or 1 teaspoon dried basil/mixed herbs  
 200g fresh or frozen spinach  
 1 can tuna in spring water, drained and flaked  
 Black pepper  
 50g Cheddar cheese, grated or mozzarella, sliced



### Equipment

Chopping board, vegetable knife, garlic press, large saucepan, frying pan, mixing spoon, colander, can opener, fork, ovenproof dish.

### Method

1. Bring a large pan of water to the boil, add the pasta and cook for 10-15 minutes.
2. Heat the oil in a frying pan, add the peppers, onion and garlic and cook gently for about 5 minutes until the peppers and onion are soft.
3. Stir in the chopped tomatoes and basil. Simmer for 5 – 10 minutes.
4. When the pasta is cooked remove from the heat and stir in the spinach and allow to wilt.
5. Drain the pasta and spinach thoroughly and then return to the saucepan.
6. Stir in the tomato sauce and tuna. Mix well.
7. Season with black pepper.
8. Place the pasta and sauce in a shallow ovenproof dish. Sprinkle over the grated cheese.
9. Heat the grill. Place the dish under the grill and cook until lightly browned.

### Top tips

- Use spaghetti, fusilli, shells or penne pasta - whatever you have!
- Add frozen or canned peas or sweetcorn.
- Why not use the sauce to top fish, such as coley, haddock or hake?