

Broccoli, tuna & creamy tomato penne



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Preparation: about 10 mins Cooking: about 15 mins
Serves: 4 kids

Ingredients:

300g dried penne pasta
250g broccoli, trimmed and cut into small florets
1 tbs olive oil
2 tbs tomato paste
250g cherry tomatoes, halved
1/2 cup reduced fat thickened cream
2 x 185g tuna in oil, drained and flaked
1/2 cup reduced fat shredded tasty cheese

Method:

1. Cook pasta in a large saucepan of boiling water, following packet directions, until al dente. Drain pasta, reserving 2 tbs cooking liquid. Set pasta aside.
2. Meanwhile, wash broccoli and place in a microwave-safe plastic bag, twist to seal. Microwave on high/100% power for 2 minutes or until just tender. Open bag and set aside.
3. Heat oil in the saucepan over medium heat. Add tomato paste and cook for 30 seconds. Add tomatoes to pan and cook, stirring often, for 2-3 minutes or until tomatoes slightly soften.
4. Reduce heat to medium-low, add cream and gently stir to combine. Add pasta and reserved cooking liquid, broccoli, tuna and cheese. Toss gently over low heat until combined. Serve with extra shredded tasty cheese if desired.



Broccoli:

- One of the most nutritious of all vegetables with a high content of vitamins, including vitamin C. The body needs this vitamin for healthy gums and connective tissues throughout the body.
- A good source of folate, one of the B complex vitamins that is important for heart health.