

Fresh for kids™ Broccoli, tuna & cherry tomato pasta



Fresh for Kids™

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Ingredients:

- 300g dried penne pasta
- 1 medium head broccoli, trimmed and cut into small florets
- 1 tbs olive oil
- 1½ tbs tomato paste
- 125g cherry tomatoes, quartered
- ½ cup light cream
- 2 x 185g cans tuna in oil, drained and flaked
- ½ cup shredded reduced fat tasty cheese

Health benefits:

Broccoli

Broccoli is high in fibre and is a good source of iron. It is bursting with vitamin C: six medium florets will provide a child with over half their daily vitamin C requirement. Broccoli is nutritious raw or cooked.

Method:

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

Serves: 4 kids

Preparation: 15 minutes

Cooking: 20 minutes

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