

# Fresh for Kids® roasted vegetable, tuna & pasta bake



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Supplying quality fresh fruit & vegetables

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## Ingredients:

450g Butternut pumpkin (leave skin on), cut into 2 cm cubes  
450g sweet potatoes, peeled and cut into 2cm cubes  
olive oil spray  
salt and ground black pepper  
400g dried casarecce, macaroni or penne pasta  
425g can tuna, drained and flaked  
700g bottle Italian tomato pasta sauce  
1/3 cup chopped chives  
1/2 cup fresh breadcrumbs

## HEALTH BENEFITS:

### Butternut pumpkin

- Supplies beta carotene which the body converts to vitamin A. 100g has enough beta carotene to supply more than half a child's vitamin A for the day. Vitamin A is important for healthy eyes and skin.
- A naturally sweet way to give kids 20% of their daily needs of vitamin C. One of the functions of vitamin C is to help the body fight infections.

## Method:

1. Preheat oven to 220°C. Arrange pumpkin and sweet potatoes in a large roasting pan. Spray with oil to coat and season with salt and pepper to taste. Roast for 30 minutes or until vegetables are tender.
2. Meanwhile, cook pasta in a large saucepan of boiling water, following packet directions, until al dente. Drain and transfer to a large bowl. Add tuna, pasta sauce, chives and roasted vegetables. Toss gently to combine.
3. Grease a large shallow ovenproof dish with oil spray. Spread pasta mixture into dish. Top with breadcrumbs and evenly spray with oil. Reduce oven to 200°C. Bake pasta for 15 minutes or until breadcrumbs are just golden and serve.

**Serves:** family of 4

**Preparation:** 20 minutes

**Cooking:** 50 minutes

**Note:** If preferred, leave out the breadcrumbs and step 3. Make the recipe up to the end of step 2 and toss pasta over low heat until warmed through and serve.

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