

Fresh for Kids® roasted vegetable, tuna & pasta bake



SYDNEY MARKETS™

Supplying quality fresh fruit & vegetables

Fresh for Kids®

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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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