



Tuna Bolognese



Serves
2



Prep
5 minutes



Cooking
15 minutes

A tasty Bolognese with lots of flavour and minimal fuss.

	Calories	Sugars	Fat	Saturated Fat	Salt
Per Serving	434KCAL	8.5G	8.0G	2.7G	0.8G
RI%	22%	9%	11%	13%	13%

Method

- 1 Cook the pasta in unsalted water, for a few minutes less than the time it says on the pack
- 2 Meanwhile, heat the oil in a large frying pan or sauté pan and fry the red pepper for a couple of minutes
- 3 Pour in the pasta sauce and a few spoonfuls of water. Add the balsamic vinegar and oregano, stir and simmer for about 4 minutes
- 4 When the pasta is ready (it should be almost cooked but not quite), drain it and add it to the sauce in the pan. Stir well and let it heat through for a minute then add the tuna and stir again
- 5 Divide between two bowls and scatter over the basil leaves. Serve with Parmesan cheese on the side

Ingredients

- 1 x can Princes Tuna Chunks in Spring Water
- 175g penne pasta
- 1 tsp olive oil
- 1 red pepper, diced
- 1/2 x 430g jar tomato and vegetable passata sauce
- 1 tsp balsamic vinegar
- 1/4 tsp dried oregano
- few fresh basil leaves
- Parmesan cheese, to serve (optional)

