



## Happily Healthy Tuna Pasta Recipe

### Serves 2

	180g/6.3oz tin of tuna (in brine or oil)
	400g/14oz can of plum or chopped tomatoes
	15g/0.5oz (20 stalks) of fresh parsley (or coriander if you prefer)
	200g/7oz short pasta (fusilli/orechiette etc.)
	2 cloves of garlic
	Extra Virgin Olive Oil
	Salt
	<i>Optional:</i> Tomato purée/paste (recommended)
	<i>Optional:</i> Dried chili peppers/flakes or black pepper