

# LEAPS

learning eating active play sleep

## Daily Meal Plan

2 to 3 year age group

Tuna Pasta with Vegetables – Serves 25

### Ingredients:

- ¼ cup olive oil
- 2 brown onions, finely chopped
- 2 x 475g can corn or the kernels off 4 corn on the cob
- 3 large zucchini, chopped
- 2 red capsicum, chopped
- 2 x 410g can diced tomato
- 700g wholemeal pasta
- 850g canned tuna, in spring water where possible
- ½ cup chopped parsley
- 1 lemon, juiced



### Method:

1. Heat the oil in a large non-stick frying pan over a medium heat. Add the onion, corn, zucchini and capsicum and cook, stirring often, for 5 minutes
2. Add the tins of diced tomatoes and cook for 10min or until the vegetables are tender
3. Meanwhile, cook the pasta in a large saucepan of boiling water following packet instructions. Drain well
4. Add the vegetables, tuna, parsley, and lemon juice to the pasta. Toss well to combine. Serve

