

# Cheesy Tuna Pesto Pasta

## Ingredients

- 1kg pasta
- 1.5kg of frozen peas and corn
- 3 x 425g tin of tuna, drained
- 2 jars of pesto (~400g)
- 2 cups grated tasty cheese + extra for sprinkling on top
- Optional: fresh basil or parsley, finely chopped

**Serves:** 20

**Prep Time:** 15 mins

**Cook Time:** 15 mins



## Method

1. Bring a large pot of water to boil on the stove. Once boiling, add pasta and cook according to packet directions.
2. When pasta has 2 minutes of cooking left, add frozen peas and corn. Water will cool down, so cook for 5 more minutes or until pasta is al dente and veggies are softened.
3. Reserve a cup of pasta water from the pot before draining the pasta and veggies.
4. Once drained, add pasta and veggies back to pot. Add in tinned tuna and pesto and stir to combine. Add some of the reserved pasta water if needed to loosen the pasta and make the sauce go further.
5. Stir through grated cheese and add fresh herbs if using.
6. Serve with extra grated cheese on top.

### Recipe Notes:

If you prefer, tuna can be replaced with chicken. Use a shredded BBQ chicken, or dice 2 large chicken breast and cook in frypan before adding to pasta. Different vegetables that could be added include steamed broccoli or zucchini, roasted pumpkin, or sliced cherry tomatoes.

Food Group	Serves per portion
Vegetables	1
Fruit	0
Grain foods	1.4
Lean meat and alternatives	0.6
Milk, yoghurt, cheese	0.3