

Tuna pasta

Ingredients

- 100g macaroni/ pasta
- $\frac{1}{2}$ an onion
- 2 cloves of garlic
- 150 ml boiling water
- $\frac{1}{2}$ - 1 cup tomatoes
- 1 tbsp. puree
- 1 veggie/fish stock cube
- 1 small tin of tuna fish
- 50 parmesan cheese
- Oil
- Salt and pepper

Method

1. Cook the pasta and sieve when ready
2. Grate the cheese.
3. Chop the onion and garlic.
4. Prepare the stock cube with the boiling water.
5. Fry the onion and garlic for a few minutes.
6. Add tuna fish mix well.
7. Let it simmer for a few minutes.
8. Add cooked pasta to the mixture and salt and pepper, mix well.
9. Sprinkle cheese on top
10. Serve warm or eat cold.