

Broccoli, tuna & cherry tomato penne



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Preparation 15 mins | Cooking 15 mins | Serves 4

400g dried penne pasta
300g broccoli, trimmed and cut into small florets
1 tbs olive oil
2 tbs tomato paste
250g cherry tomatoes, halved
¾ cup reduced fat thickened cream
400g can tuna in oil, drained and roughly flaked
½ cup reduced fat shredded tasty cheese + extra to serve

STEP 1 Cook pasta in a large saucepan of boiling water, following packet directions, until al dente. Drain pasta, reserving 2 tbs cooking liquid. Set pasta aside. Wipe pan dry.

STEP 2 Meanwhile, wash broccoli and place in a microwave-safe plastic bag, twist to seal. Microwave on high/100% power for 2 minutes or until just tender. Stand for 2 minutes then open bag and set aside.

STEP 3 Heat oil in the saucepan used for the pasta over medium heat. Add tomato paste and cook, stirring, for 30 seconds. Add tomatoes to pan and cook, stirring often, for 2-3 minutes or until tomatoes slightly soften. Reduce heat to medium-low, add cream and gently stir to combine. Add cooked pasta and reserved cooking liquid, broccoli, tuna and cheese. Toss gently over low heat until combined. Sprinkle with extra shredded tasty cheese to serve.

Good for you... **BROCCOLI**

Top of the class for its content of many nutrients, including iron (contributes to red blood cells), potassium (helps balance the sodium from salt) and vitamins, including vitamin C (necessary for normal blood vessel structure and function and contributes to collagen formation in teeth and gums.

