

Epping  
Forest

**foodbank**



**TUNA AND  
ROCKET PASTA**

SERVES 2



# TUNA AND ROCKET PASTA

## Ingredients

150g pasta

1 tsp oil

1 tin of tuna (drained)

½ lemon

Handful of rocket

Salt & pepper (optional)



# TUNA AND ROCKET PASTA

## Recipe

- 1 | Cook the pasta according to packet instructions, and drain.
- 2 | Transfer into a large bowl, add 3 or 4 tablespoons of oil and season with salt and pepper (if using).
- 3 | Mix together. Stir in the tuna and the zest and juice from the lemon, and mix together.
- 4 | Add the rocket leaves in and toss.  
Serve and enjoy!



# TUNA AND ROCKET PASTA

## Cost

Pasta - 8p

Tuna - 59p

Lemon - 15p

Rocket - 22p

Oil - 2p

TOTAL - £1.06

