



early start



Speedy Lunch

Tuna and Pea Pasta

Ingredients

- 50g pasta
- 50g frozen peas
- 50g tuna chunks in spring water, drained and flaked
- 50g light soft cheese
- Handful of coriander, chopped

Method

1. Cook the pasta according to the pack instructions
2. Add the peas for the last few minutes of the cooking time
3. Stir through the tuna and the soft white cheese, until evenly distributed
4. Sprinkle with coriander
5. Serve with your favourite salad, we add chopped tomatoes

If you want to go veggie swap the tuna for your favourite beans (tinned in water).



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