We are Ready......

**Pilchard Pasta**

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**Suggested portion**

**Size for recipe**

1–2 years – 180g

3–4 years – 240g

**Ingredients – Serves 5**

**White pasta, shapes** 190g

**Canned sweetcorn,** ½ x 198g can

**no added salt or sugar,** (drained weight, 80g)

**drained**

**Frozen peas** 80g

**Canned tomatoes, chopped** 1 x 200g can

**Mixed herbs, dried** ½ teaspoon

**Canned pilchards** ½ x 415g can (200g)

**in tomato sauce**

**Tomato purée** 15g (1 tablespoon)

**Water** 100ml

**Method**

1. Boil the pasta in a large pan according to the manufacturer’s instructions.

2. In a separate pan, boil the sweetcorn and peas for 5 minutes.

3. Drain the pasta and vegetables.

4. In a large pan, combine the pasta, vegetables, canned tomatoes, mixed herbs, pilchards,

tomato purée and water. Bring to the boil before serving.