

We are ready.....

Pilchard Pasta



Suggested portion

Size for recipe

1-2 years - 180g

3-4 years - 240g

Ingredients - Serves 5

White pasta, shapes	190g
Canned sweetcorn, no added salt or sugar, drained	$\frac{1}{2}$ x 198g can (drained weight, 80g)
Frozen peas	80g
Canned tomatoes, chopped	1 x 200g can
Mixed herbs, dried	$\frac{1}{2}$ teaspoon
Canned pilchards in tomato sauce	$\frac{1}{2}$ x 415g can (200g)
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.