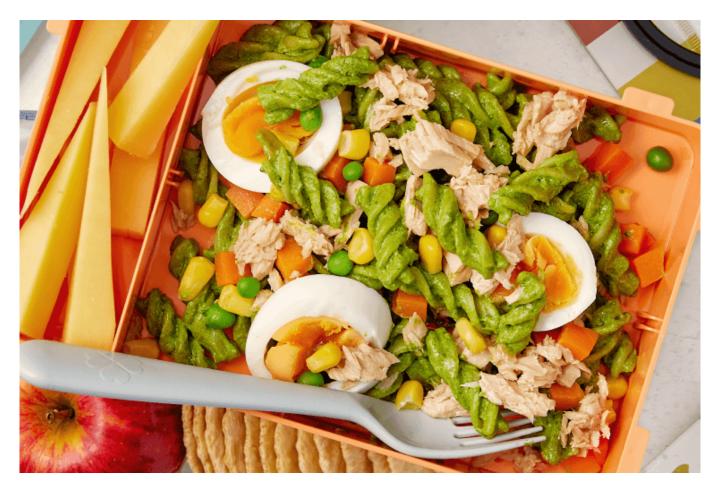
Lunch Box Tuna Pasta



A healthy lunch loaded with protein and veggies.

Ingredients

2 cups (60g) baby spinach, blanched and excess liquid squeezed

1/2 cup frozen peas, corn and carrot; blanched

1 1/2 cups Community Co. Spiral Pasta

2 eggs

1/4 cup yoghurt

1/4 cup French onion dip

95 g canned tuna

Method:

- 1. In a pot of boiling water, blanch the spinach and frozen vegetables separately and set aside until ready to use.
- 2. Bring the pot back to boil then cook the pasta as per packet instructions. Drain, then rinse with cold water to stop the cooking. Set aside in a bowl until ready to use.

- 3. Bring another small pot of water to a boil then gently place the eggs and cook for 6 minutes.

 Take off heat, and place eggs into a bowl of iced water. Once cool, peel the eggs and set aside.
- 4. In a food processor, add the spinach, yoghurt and French onion dip. Blitz until smooth. Season to taste.
- 5. In a bowl combine the pasta through the spinach mix, then add the blanched vegetables. Mix well. Slice the soft-boiled eggs into 3 and place in the lunch box on top of the pasta.