

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 Black & Gold mixed frozen vegetables; blanched

1 1/2 cups Black & Gold Spiral or Penne Pasta

2 eggs

1/4 cup yoghurt

1/4 cup French onion dip

95 g Black & Gold 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.