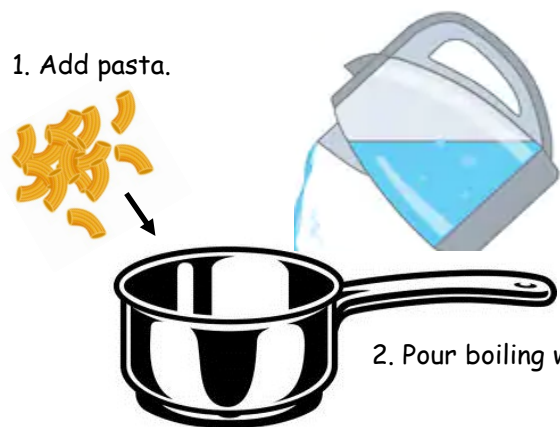




Pasta in Tomato Sauce

1. Prepare pasta to cook.

1. Add pasta.



2. Pour boiling water

2. Cook pasta.

1. Bring back to the boil and put lid on. Leave



3. Prepare vegetables.



1. Chop onion and other vegetables if you have any.



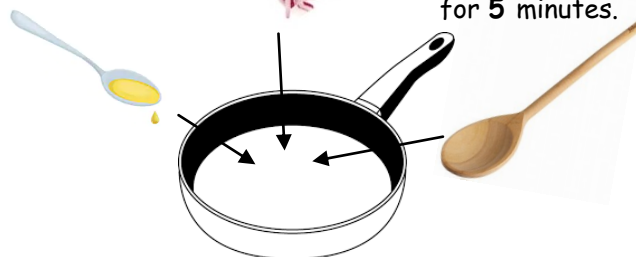
2. Peel garlic glove and crush it.

4. Cook vegetables.

1. Heat oil on a medium heat.



2. Add onion, garlic and peppers and stir for 5 minutes.



5. Make sauce.

3. Add herbs.

2. Add seasoning.

4. Add any other

1. Add tomatoes.

5. Simmer on low heat for 15

6. Add tuna at the end of 15 minutes.



6. Drain pasta and add sauce.



1. Drain pasta in colander in sink and add to saucepan with tomato sauce.

