

Tuna sun-dried tomato pasta (1 portion; 10 min)

Good with capers or olives as well if you like them.

For the quick food

100g wholewheat fusilli

145g tuna in spring water (~100g drained weight)

4-5 sun dried tomatoes in oil (preferably olive oil), plus a bit of oil from the jar

1 flat tsp fresh ground black pepper

Boil the pasta in a pan. While it's cooking, drain the tuna and put it in a bowl.

Grind the pepper over the top and break up any large chunks.

Use kitchen scissors to take a few sun dried tomatoes out of the jar and cut them into 2-4 pieces each. Add them to the bowl and slosh a bit of the oil on top.

Drain the pasta and mix it all together. Nom.