

Tuna, rocket and lemon pasta

Ingredients

- 300g/10½oz penne pasta
- 3-4 tbsp olive oil
- salt and pepper
- 2 x 185g/6½oz tin tuna, drained and broken into bite-sized pieces
- 1 lemon, juice and zest
- 70g/2¼oz rocket leaves, roughly torn

Preparation method

1. Bring a large saucepan of water to the boil and add a generous pinch of salt. Cook the pasta according to packet instructions. Once cooked, drain and transfer to a large serving bowl.
2. Mix the olive oil into the cooked pasta and season with salt and pepper. Stir through the tuna and add the zest of the lemon along with the juice of half of the lemon.
3. Just before serving toss through the rocket leaves.

less than 30 mins

preparation time

10 to 30 mins

cooking time

Serves 4

By Phil Howard
From Great British Budget Menu

This recipe is just as good cold as it is hot, so use any leftovers to make packed lunches.

Top recipe tip

In May 2013 this recipe was costed at £3.05 at Asda, £3.56 at Tesco and £3.71 at Sainsbury's.