

Fast Pasta

Serves 4

Ingredients

500g packet shell pasta

1 cup broccoli chopped into small pieces

250 grams ricotta cheese

2 tablespoons chopped parsley

1 cup low fat milk

1 onion, finely chopped

Medium size can tuna or pink salmon, drained and flaked

Pepper to taste



Method

1. In a large saucepan of boiling water, cook pasta for 10 minutes.
2. Add broccoli and cook a further 3-5 minutes, or until pasta is just cooked. Drain well and place in a bowl.
3. In a jug, blend together ricotta, parsley, milk and onion.
4. Add tuna or salmon then pour over pasta and mix well.
5. Serve immediately.