|  |  |
| --- | --- |
| S1 | **Salmon/tuna & vegetable pasta** |

**Success Criteria**

* Safe use of the hob
* Use our practical skills to make the pasta to a high standard
* Explain the health benefit of eating more oily fish
* Explain the health benefit of eating more fruit and vegetables

|  |  |  |  |
| --- | --- | --- | --- |
| **Oily fish choice** | **Vegetable choice** | | **Other ingredients** |
|  | 50g | Sweetcorn |  |
| 50g tuna  50g salmon | 1/4  2  2  3 florets | Pepper  Spring onions  Mushrooms  brocolli | 50g Crème fraiche  2-3 chives  Pinch black pepper  50g pasta  15ml oil |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

## Method

1. Personal preparation.
2. Boil water then cook the pasta for 10-12 minutes
3. Chop the vegetables and gently fry in a separate pot.
4. Test pasta for readiness. Drain well using a sieve.
5. Add pasta to pot with cooked vegetables and add crème fraiche.
6. Stir well and garnish with chopped chives
7. Place in a foil container and sprinkle some black pepper on top.