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| 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

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| **Oily fish choice** | **Vegetable choice** | **Other ingredients** |
|  | 50g | Sweetcorn |  |
| 50g tuna50g salmon | 1/4223 florets  | PepperSpring onionsMushroomsbrocolli | 50g Crème fraiche2-3 chivesPinch black pepper50g pasta15ml oil |  |
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## 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.