

FIND THE FISH

Can you find all the fish that are hidden in this word grid? Draw a line through each name you find! Answers can be found at mealsnetwork.org.uk/answers

T	N	A	S	N	H	O	S	M	C
S	S	T	S	H	A	R	K	O	K
O	O	H	P	S	C	O	O	H	O
S	E	T	U	N	A	S	A	A	N
A	L	C	B	P	R	B	S	S	E
P	M	K	C	O	P	A	A	L	S
E	N	A	P	S	R	A	L	E	O
R	N	S	A	C	A	C	M	C	S
E	O	L	A	C	T	E	O	S	R
P	A	R	N	B	R	O	N	D	S

COD

TUNA

SHARK

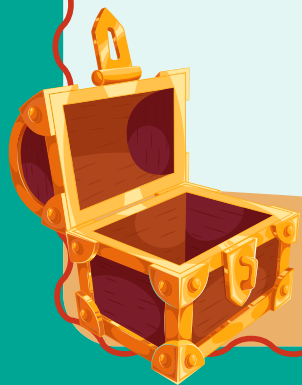
CARP

SEABASS

SALMON

YOUR BEST IN THE CHEST!

After a busy day of being a Pirate, they enjoy nothing more than hiding their loot and making treasure maps. If you were to bury a chest, what sort of treasures would YOU want to keep safe? Draw some things you'd like to find in the chest below. It might be a football, some gold coins, jewels, or your favourite sandwich!



mealsnetwork.org.uk

We hope you enjoy your meal!

We think you're awesome and we are glad to be on the same team as you in the great game of growing up!

We all need a little help every now and again. If you find you need another Meals box there are more available and other options to choose from. We hope you enjoy your Meal.

Allergy Advice

If you have a food allergy or intolerance, please check the individual labels on each ingredient before you cook with it. Usually common allergens are written in **bold**.



INSIDE YOUR BOX

Pasta
Tuna
Sweetcorn
Pasta Sauce

Let's get cooking!



AHOY THERE!

Welcome to your Meal box. You're just minutes away from a tasty dinner - we hope you enjoy it! Follow these instructions (or freestyle it if you're a master-chef) and tuck in!



1

Boil some water and cook the pasta according to the packet instructions. About 2 handfuls of pasta per person is usually enough.

2

While the water is heating up - drain the water out of the tins of sweetcorn and tuna. If you're not a grown up, make sure a grown up helps you drain the tuna - those tins are sharp!

3

When the pasta is cooked, drain the water away and return it to your saucepan on a low heat.

4

Add in the tuna, the sweetcorn and the pasta sauce.
Stir over a low heat for a few minutes.

5

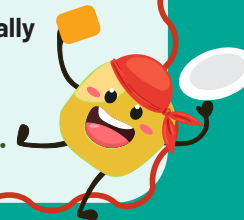
Dish up onto plates and enjoy!
If you have a bit of cheese, grate some on top for extra deliciousness.

6

CONGRATULATIONS!

Wow! You just made a totally tasty tuna pasta!

Don't forget to help with the washing up...



PIR-ART!

Yo ho ho! The Pirates are having a fishy pasta party! Can you draw over these pasta shapes to make them into some fun fish?

