

CRUNCHY TUNA PASTA BAKE



This is a fabulous quick and easy family tea recipe, made from basic store cupboard ingredients. No need for extra salt, but plenty of black pepper will boost the flavour. Or how about adding some chilli flakes for an extra kick?

Definitely go wholegrain on the pasta and bump up the veg content by throwing in whatever you've got (tinned mushrooms, frozen peppers), and by serving with a crisp green salad on the side.



Skill Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use a jug to measure liquids; use weighing scales; use a box grater safely; use a tin opener safely; use a colander; use a hob/oven (with adult supervision).

Equipment: Hob, grill, weighing scales, large saucepan, colander/sieve, wooden spoon, measuring jug, tin opener, large oven proof dish, grater, oven gloves.

Allergens*: Wheat | Gluten | Milk | Fish | May contain eggs

Ingredients (serves 4):

- 1 can of Cream of Tomato soup (405g)
- 100ml semi skimmed milk
- 300g wholemeal pasta
- 2 cans of tuna in spring water, drained (2 x 180g)
- 1 can of sweetcorn, drained (198g)
- 1 packet of plain crisps, crushed
- 80g reduced fat cheddar cheese, grated

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use

Method

1. Cook the pasta as per the packet instructions.
2. Pour the soup and milk into a large saucepan and bring to the boil, stirring frequently.
3. Add the cooked, drained pasta, tuna, sweetcorn and black pepper to the pan, and simmer for 1 minute stirring continuously.
4. Pour the mixture into an ovenproof dish, and top it with grated cheese and crushed crisps.
5. Place the dish under the grill for 5 minutes or until the cheese is golden.

