

## 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.



## CRUNCHY TUNA PASTA BAKE

### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### Energy, sugar, fat and salt per serving

Per 402g serving



% of an adult's reference intake  
Typical values per 100g : Energy 538kJ / 128kcal

### So, thinking about Crunchy Tuna Pasta Bake...

**Pasta** is low in fat and a good source of starchy carbohydrate and fibre. Wholewheat varieties contain 2.5 times more fibre than white, and a diet rich in wholegrain has been shown to lower the risk of diabetes, heart disease and some cancers.

**Tuna** is a great source of protein, vitamin D, B vitamins and a range of minerals.

**Vegetables** are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.



### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.