TUNA PASTA BAKE

50 minutes

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Allergens: gluten, fish, milk

What is it?

Tuna can be an easy fish to cook with if you grab a few tins in the supermarket and turn it into this tasty and filling pasta bake. Maybe it will become a new weekly favourite!

MAKE IT FUN!

Feeling extra hungry? Try adding a side salad or some garlic bread to bring other colours, textures and flavours to this meal.

What you'll need:

	For 2 people	3 people	4 people
Pasta	200g	300g	400g
Butter	20g	30g	40g
Flour	20g	30g	40g
Milk	200ml	300ml	400ml
Cheddar cheese	50g	100g	150g
Tuna (160g tins)	1	1	2
Sweetcorn	80g	100g	120g

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:



Step 1:

Preheat the oven 180 degrees (gas 4). Then boil a saucepan water and add your pasta, cooking for around 10 minutes (you need it slightly hard still as it will continue to cook later). Drain and set aside.

Step 2:

Prepare the sauce; melt your butter in a saucepan over a medium heat, adding the flour and stirring well to combine. Add the milk a splash at a time, stir until the sauce is thickened. Add most of the cheese and stir until melted.





Step 3:

Mix the pasta into the sauce, coating it all. Add the drained tins of tuna and the sweetcorn. Give it a good mix and transfer into an ovenproof dish.

Step 4:

Sprinkle the remaining cheese on top and bake in the oven for 15-20 minutes until the sauce is bubbling and the cheese on top has browned. Scoop a generous portion into a bowl or plate and top with some chopped parsley. Tuck in!



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME 1 2 3 4 5 LET'S MAKE IT AGAIN!