

TUNA PASTA BAKE

Ingredients

200g can tuna fish (in water)

150g can sweetcorn (or frozen)

2 tomatoes

75g cheddar cheese

25g butter or spread

25g plain flour

250ml semi-skimmed milk

250g pasta shapes

Black pepper



Equipment

2 saucepans, sieve or colander, baking dish, can opener, oven gloves, wooden spoon, measuring jug

Method

1. Preheat the oven to 200°C/gas mark 6.

2. Prepare the ingredients:

open the can of tuna and drain;
open the can of sweetcorn (if using) and drain;
cut the tomato into chunks;
grate the cheese.

3. Melt the butter or spread in a saucepan. Add the flour and stir into a paste.

4. Gradually add the milk, stirring constantly. The sauce will become thick.

5. Reduce the heat and allow to simmer for 2 minutes. Add seasoning, if desired.

6. Boil the pasta for 10 minutes until tender, and drain.

7. Add the cooked pasta, tuna and vegetables to the sauce and stir the mixture together.

8. Pour the pasta mixture into a baking dish. Sprinkle grated cheese on top.

9. Using oven gloves, place in the oven for 20 minutes. Bake until golden brown.

Top tips:

You could add mixed herbs or some of the cheese to the sauce and/or garnish with extra tomato slices and chopped parsley.

Food skills:

