

Together We Cook

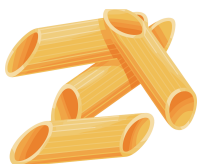



Tuna and Broccoli Pasta Bake

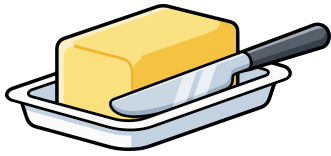


Serves 2



Ingredients

	100g pasta shapes (wheat)
	60g cheddar cheese, grated (dairy)
	100g broccoli
	100g canned tuna



25g butter



25g plain flour (**wheat**)



250ml semi-skimmed milk (**dairy**)



1 teaspoon (5ml) dried oregano








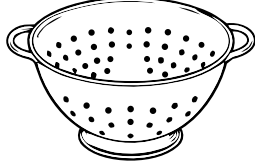
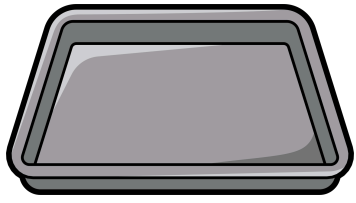
50g sweetcorn (fresh or frozen)



4 cherry tomatoes



black pepper

1		Bring a saucepan of water to boil. Add pasta and simmer 10-12 minutes
2		Cut the broccoli into small pieces Cut the cherry tomatoes in half
3		Gently heat the butter, flour and milk in saucepan and whisk until it thickens Reduce heat and stir in oregano and half the cheese for 2 minutes
4		2 minutes before the pasta finishes, add the broccoli and sweetcorn
5		Preheat the grill
6		Drain pasta and vegetables in a colander and pour into the sauce then add the tuna
7		Put into an ovenproof dish Place cheese, tomatoes and pepper over and grill until golden

Serving ideas



- Serve with a mixed green salad
- Add fresh parsley or basil leaves



Variations



1. Use extra vegetables or chickpeas instead of tuna
2. Add a handful of frozen peas to the boiling water and pasta



Leftovers



- Reheat until very hot in the microwave or oven at 180°C

