

## Tuna and Broccoli Pasta Bake



### Ingredients (serves 2)

100g pasta shapes -spirals, small tubes (**wheat**)  
60g Cheddar cheese  
100g broccoli  
100g canned tuna (in water) drained  
25g butter  
25g plain flour (**gluten**)  
250ml semi-skimmed milk (**dairy**)  
1x tsp (5ml) dried oregano  
50g sweetcorn (canned or frozen)  
4 cherry tomatoes  
Black pepper




### Equipment

Chopping board  
Sharp knife  
2 saucepans  
Measuring spoons  
Measuring jug  
Colander  
Hand whisk  
Grater  
Can opener

### Method

1. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10-12 minutes.
2. Cut the broccoli into small pieces and the cherry tomatoes in half.
3. Grate the cheese.
4. While the pasta is cooking, make the sauce:
  - place the butter, flour and milk into a small saucepan
  - bring the sauce to a simmer gently on a medium heat (small bubbles), whisking it all the time until it has thickened
  - reduce the heat, stir in the oregano and half the grated cheese. Allow to simmer for 2 minutes
5. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan
6. Preheat the grill.
7. Drain the boiling hot water away from the pasta and vegetables, into a colander in the sink.
8. Pour the drained pasta and vegetables into the sauce.
9. Stir in the canned tuna.
10. Pour the mixture into an ovenproof dish or foil tray.
11. Sprinkle the rest of the cheese over the top and place the halved tomatoes on top, and add a few twists of black pepper.
12. Place under a hot grill until the cheese is bubbling and golden brown.

## Together We Cook

	<p><b>Serving Ideas</b></p> <p>A small bowl of washed lettuce, a few cherry tomatoes, some sliced cucumber and a spoonful of your favourite salad dressing, maybe mayonnaise or balsamic dressing.</p> <p>A few chopped parsley leaves or some basil leaves would look and taste great.</p>
	<p><b>Variations</b></p> <p>Instead of tuna you could use extra vegetables and chickpeas.</p> <p>You could add a handful of frozen peas to the boiling water with the broccoli.</p>
	<p><b>Leftovers</b></p> <p>Reheat any left overs your Pasta Bake until very hot, in the microwave or in an oven at 180°C.</p>

