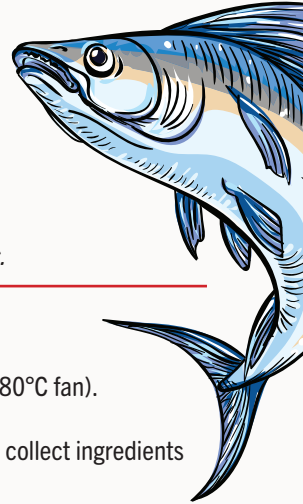




RECIPE FOR SUCCESS...

CREAMY TUNA PASTA BAKE



This creamy, comforting tuna pasta bake is bursting with flavour and nutrients.

PREP:
5 MINS

SERVES:
4

TOTAL COOKING TIME:
35 MINS

INGREDIENTS

2 x tins of drained tuna
1 tbsp of cooking oil
1 x tin chopped tomatoes
(or passata)
1 x tin of sweetcorn
(or frozen portion)
400g dry pasta
(penne, fusilli or conchiglie)
1 x large onion
100g spinach (fresh or frozen)
2 tbsps of tomato puree
1 tsp of garlic granules / powder
1 tbsp of dried mixed herbs
2 tbsps of cream cheese
100g cheddar cheese



METHOD

- 1 Preheat oven to 200°C (180°C fan).
- 2 Finely chop the onion and collect ingredients together.
- 3 Put the pasta in a saucepan of water and bring to the boil. Then simmer for 10-12 mins (use a timer) and drain.
- 4 Whilst the pasta is cooking, add cooking oil to a frying pan and turn on a low heat.
- 5 Add onion, tuna and sweetcorn to pan and sauté until softened.
- 6 Add chopped tomatoes, tomato puree and spinach and stir.
- 7 Add in the garlic, mixed herbs and stir in the cream cheese. Simmer for 5 mins.
- 8 Remove the pan from the heat and **turn off the hob**.
- 9 Add tuna and vegetable mixture to an oven proof dish. Mix in the cooked pasta.
- 10 Sprinkle over the cheese and bake for 20 mins.

And remember '**Turn off the heat before you eat!**'

Please check the ingredients list if you suffer from food allergies / intolerances.