



IN THE KITCHEN

Tuna and sweetcorn pasta bake

Ingredients:

- 600g pasta (penne or fusilli works well)
- 50g butter
- 50g plain flour
- 600ml milk
- 250g strong or medium cheddar cheese (grated)
- 2 cans of tuna (in spring water or brine)
- 330g can of sweetcorn (frozen sweetcorn could be used instead)
- Chopped parsley (optional)
- Salt and pepper to taste

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You'll also need:

- 2 saucepans
- A sieve/strainer
- An oven dish

Method:

- Preheat your oven to 180°C/Fan
160°C/Gas 4
- Cook the pasta following the instructions on the pack, but take off the heat and drain 2 minutes before the pack says
- To make the sauce, melt the butter in a pan then add the flour and stir for 1 minute
- Add the milk gradually whilst still stirring until it has all been incorporated and you have a thick sauce
- Take this off the heat
- Set aside a small handful of the grated cheese (this is for sprinkling on the top

- after), then stir in the remaining cheese into the sauce until it's all melted
- Mix the drained pasta, the tuna and sweetcorn and parsley (if using) with the sauce and season with salt and pepper to taste
- Add the pasta mix to a baking dish and sprinkle with the last of the cheese
- Pop it into the oven for 15-20 minutes or until the cheese on the top is melted and started to brown

TOP TIP:
Why not add
veggies such as
broccoli, carrots or
peas?