

# Tuna Pasta Bake





# Tuna Pasta Bake



Serves: 4 – 6

## INGREDIENTS

- 1 onion, chopped
- 2 peppers, chopped (ideally mixed colours)
- 200g pasta shapes (e.g. Penne)
- 2 tins tuna (in water or brine), each 160g, drained
- 1 tin chopped tomatoes (400g)
- 1 tin sweetcorn, drained (325g)
- 60g low-fat Cheddar, grated

## FROM YOUR STOCK CUPBOARD

- 2 tsp vegetable oil
- 3 tbsps tomato ketchup or tomato puree
- Small pinch chilli flakes
- 1 tsp mixed herbs
- Black pepper

Oven – heat to 220°C, 200°C fan or gas mark 8

## METHOD

- 1 Add the vegetable oil, chopped onion and peppers to a pan and cook slowly for around 10mins.
- 2 At the same time cook the pasta according to the instructions on the pack. Drain when cooked.
- 3 Add the tomatoes, ketchup (or puree), chilli and herbs into the pan and heat through. Stir in the sweetcorn, and then carefully stir in the tuna not breaking the fish up too much. Finally add the pasta and stir gently.
- 4 Pour the mixture into a deep oven proof dish and top with grated cheese and a little black pepper.
- 5 Place the dish in the oven and cook for around 15mins until the cheese has melted and browned a little. Serve with green vegetables.

Based on serving 6 people  
per portion (264g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1190kJ 281kcal	5.3g LOW	1.5g LOW	11g LOW	0.69g LOW
14%	8%	7%	12%	12%

of your reference intake  
Typical values per 100g: Energy 451kJ/107kcal

If total recipe used to serve 4 people this provides 422kcal per portion.

## TOP TIPS

- If you like more sauce on the pasta add more tomatoes, or you can use passata (sieved tomatoes) for a smooth sauce.
- Make a vegetable pasta bake by omitting the tuna and adding more vegetables. We especially like courgettes, mushrooms and peas. And you can always add chopped fresh tomatoes. Add the additional vegetables with the onion and pepper.