

Tuna and Broccoli Pasta



Ingredients:

250ml Semi-Skimmed Milk

100g Rigatoni or any Shaped Pasta

100g Broccoli

100g Canned Tuna (In Water) Drained

80g Cheese (Cheddar or Red Leicester)

50g Sweetcorn (Canned or Frozen)

25g Butter or Margarine

25g Plain Flour

1 Teaspoon (5ml) Dried Herbs (Dried Mixed Herbs, Oregano etc.)

Pinch of Salt

Pinch of Black Pepper Black Pepper



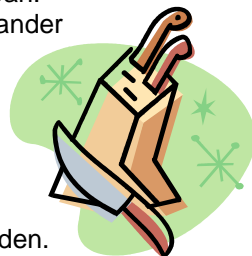
Important: Please bring an ovenproof dish to take your tuna and broccoli pasta bake home in.

Equipment:

Two Saucepans, Weighing Scales, Grater, Chopping Board, Knife, Can Opener, Colander, Measuring Jug, White Plastic Spoon, Balloon Whisk, Teaspoon, Ovenproof Dish.

Method:

1. Weigh and measure out all the ingredients accurately.
2. Bring a saucepan of water to the boil and then add the rigatoni / pasta. Cook for about 10-12 minutes, until al dente.
3. Grate the cheese, cut the broccoli into small pieces and prepare any additional ingredients.
4. While the pasta is cooking, make the sauce.
 - ◆ Place the butter or margarine, flour and milk into a small saucepan.
 - ◆ Bring the sauce to a simmer, whisking it all the time until it has thickened.
 - ◆ Remove from the heat and stir in 60g of the grated cheese.
 - ◆ Stir in the salt, pepper and dried herbs.
5. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.
6. Drain the boiling hot water away from the rigatoni / pasta, sweetcorn and broccoli into a colander in the sink and wash with cold water.
7. Stir the drained pasta and vegetables into the cheese sauce.
8. Stir in the canned tuna and any additional ingredients.
9. Pour the pasta, vegetables and sauce into an oven-proof dish.
10. Arrange any additional ingredients or breadcrumbs over the top.
11. Sprinkle over the remaining cheese.
12. When you get home bake in the oven at 190°C or Gas Mark 5 for 20 to 30 minutes until golden.



Top Tips:

- ◆ Try different varieties of pasta shapes, such as macaroni or shells.
- ◆ Add fresh herbs to the sauce, like chopped parsley or basil.
- ◆ Instead of using broccoli, you could use cauliflower, courgette or peppers.