

Tuna and Broccoli Pasta Bake

Shop Bought Pasta and All-in-One Sauce

Ingredients:

250ml Semi-Skimmed Milk

100g Shaped Pasta

100g Broccoli

100g Canned Tuna (In Water) Drained

80g Cheese (Cheddar or Red Leicester)

50g Sweetcorn (Canned or Frozen)

25g Butter

25g Plain Flour

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

Pinch of Salt

Pinch of Black Pepper



Please bring an ovenproof dish to cook and take your pasta bake home in. You will need either a lid or a piece of tin foil to cover the dish at the end of the lesson.

Method:

1. Half fill a saucepan with warm water. Place this on the back of the hob. Bring the water to the boil and then add the pasta. Once the water is boiling, cook the pasta for 10 to 12 minutes, until al dente.
2. Weigh and measure out all the ingredients accurately.
3. Grate the cheese onto a plate, cut the broccoli into small pieces and prepare any additional ingredients.
4. While the pasta is cooking, make the white cheese sauce.
5. Place the butter, flour and milk into a small saucepan and place at the front of the hob. **DO NOT** add the cheese.
6. Turn on the heat so it is on a low temperature. Use a balloon whisk to continually stir the mixture. Bring the sauce to a simmer, whisking it all the time until it has thickened.
7. Once the sauce has thickened, remove the saucepan from the heat and place it on a pan stand.
8. Season with salt and pepper.
9. Use a white plastic spoon to stir in the grated cheese. You may want to save a little for sprinkling on the product before it goes in the oven.
10. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.
11. Drain the boiling hot water away from the rigatoni / pasta, sweetcorn and broccoli into a colander in the sink and wash with cold water.
12. Stir the drained pasta and vegetables into the cheese sauce.
13. Stir in the canned tuna and any additional ingredients.
14. Pour the pasta, vegetables and sauce into an oven-proof dish.
15. Arrange any additional ingredients or breadcrumbs over the top.
16. Sprinkle over the remaining cheese.
17. 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.
- ◆ You could add additional vegetables e.g. courgette, onions or peppers. You may want to fry these before adding them into the cheese sauce.