

Tuna Pasta Bake:

Ingredients:

- 1 Tbsp Oil
- 1 Onion, diced
- 1 tsp Garlic
- 1 x tin Tuna
- 1 x tin (200g) Chopped Tomatoes
- 1 x tin (100g) Sweetcorn
- 1 tbsp Dried Mixed Herbs
- 100g pasta
- Grated Cheese/Breadcrumbs Topping

Equipment:

- Chopping Board
- Sharp Knife
- Frying pan
- Saucepan
- Wooden Spoon
- Colander
- Plate
- Measuring Jug

Method:

1. Fill saucepan half full of water and bring to boil
2. Dice onion, open tins (Drain Sweetcorn and Tuna).
3. Add Pasta to boiling water and cook for 10 minutes until Al Dente.
4. Heat oil in frying pan, add onion and garlic, cook until softened.
5. Add the tomatoes, tuna, herbs, sweetcorn and cook for a couple minutes
6. Drain the pasta using a colander
7. Mix the pasta with the tuna sauce and put into ovenproof dish
8. Sprinkle over breadcrumbs and grated cheese.