

Allergens*:



Fish



Gluten



Milk



Mustard



Egg

Tuna Pasta Bake



Recipe
total cost
£6.15

See
ingredients
and cooking
method
overleaf...



Serves 4

Whip up this cheap tasty treat using storecupboard ingredients, tinned tuna and sweetcorn



Equipment

- Large saucepan
- Sharp knife
- Chopping board
- Frying pan
- Wooden spatula
- Cheese grater
- Oven proof dish
- Colander

* Ingredients and allergens may vary from different food shops and any Quorn products can contain egg, gluten, and milk, so to always check the label

Tuna Pasta Bake



Ingredients:

- 2 tins tuna in spring water
- 400g tin chopped tomatoes
- 1 carrot
- 1 onion
- 1 bell pepper (red, yellow or green)
- 100g sweetcorn
- 100g frozen spinach
- 2 garlic cloves
- 100g reduced fat mayonnaise
- 200g wholemeal pasta
- 100g reduced fat cheddar cheese



Method:

1. Roughly chop/ or grate all vegetables using a cheese grater.
2. Fry off vegetables in a pan on a medium heat with oil for 10 minutes.
3. Add chopped tomatoes, mayonnaise and tuna and heat through.
4. In a separate pan, boil the pasta for 6 minutes, drain in colander.
5. Mix all together and place in an ovenproof dish.
6. Add cheese and bake in the oven at 200c fan /180c gas mark 6 for 30 minutes.
7. Serve on its own or with salad.