



TUNA PASTA BAKE

A tuna bake recipe which can be made in less than an hour and is perfect for the family.



TIME: 50 MINUTES

FISH: TUNA

SERVES:



PREPARATION METHOD

The ultimate comfort food, this tuna pasta bake is as easy to make as it is to enjoy. With its crunchy topping, rich and creamy filling and the unmistakable taste and quality of John West, it's a classic winter warmer. Plus it uses ingredients that everyone will find in their kitchen cupboard!

Serve the tuna pasta bake on its own, or with a crisp green salad and crusty bread.

First pre-heat your oven to 180*c / gas mark 5. Gently melt the butter in a saucepan and then stir in the flour.

Over a low heat, slowly add the warmed milk, a little at a time. Make sure to stir continuously, until all the milk is used and you have a smooth white sauce (you may find that using a whisk achieves the best results).

Next, stir in the cheese, peas, spring onions and corn.

Season with a little salt and milled pepper and remove from the heat.

Then tip the cooked penne pasta into a small oven dish, open the tuna and flake it over the pasta. Pour over the cheese and vegetable sauce, smoothing off the top.

Finally, scatter over the coarse breadcrumbs, sprinkle with parsley and bake for 15 to 20 minutes.

INGREDIENTS

- ✓ 2 x 120g 120g cans of John West No Drain Tuna in Brine
- ✓ 4 spring onions, finely chopped
- ✓ 50g frozen peas
- ✓ 50g tinned corn
- ✓ 360g penne pasta, cooked according to the pack's instruction
- ✓ 40g butter
- ✓ 40g plain flour
- ✓ 600ml warmed milk
- ✓ 100g cheddar cheese, grated
- ✓ 100g coarse breadcrumbs
- ✓ 2 tsp chopped parsley