

Tuna Pasta Bake



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Amber	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 55 MINUTES

BASED ON: 6 SERVES

INGREDIENTS

	SERVES 6	SERVES 12	SERVES 24
Olive oil	As needed	As needed	As needed
Garlic, finely crushed	1 clove	2 clove	4 clove
Onion, diced	1 medium	2 medium	4 medium
Mixed vegetables*, cut into small cubes	200g	400g	800g
Canned tuna, drained	1 x 210gram tin	2x210gram tins	4x210gram tins
Creamy Sauce			
Polyunsaturated margarine	3 tbsp	6 tbsp	12 tbsp
White flour	1/3 cup	2/3 cup	1 1/3 cups
Reduced fat milk	2 cups	4 cups	8 cups
Vegetable stock powder	1 tsp	2 tsp	4 tsp
Dijon mustard	2 tsp	4 tsp	8 tsp
Reduced fat cheddar cheese, grated	1/2 cup	1 cup	2 cups
Parsley, finely diced	1 tbsp	2 tbsp	4 tbsp
Salt and pepper	To taste	To taste	To taste
To assemble			
Pasta, dry	2 cups	4 cups	8 cups
Breadcrumbs	2 tbsp	4 tbsp	8 tbsp
Reduced fat cheddar cheese, grated	1/2 cup	1 cup	2 cups

METHOD

1. Preheat oven to 180°C.
2. Put a saucepan over medium heat and add enough oil to lightly coat the bottom of the pan. Add the garlic and onion to the pan. Cook, stirring until the onion starts to look transparent.
3. Add the margarine to the pan. When the margarine has melted add the flour and cook, stirring for 1 to 2 minutes or until the mixture bubbles and starts to come away from the side of the pan. Remove the pan from the heat.
4. Slowly pour in the milk, stock powder and Dijon mustard whisking constantly, until the mixture is smooth.
5. Place the saucepan over medium heat and bring to the boil. Reduce heat and stir constantly with a wooden spoon for five minutes or until sauce thickens and coats the back of the spoon.
6. Remove from heat and stir through mixed vegetables, drained tuna, grated cheese and parsley. Season with salt and pepper to taste.
7. Meanwhile, cook the pasta as per the instructions on the packet.
8. Drain pasta and add to the creamy sauce mixture and stir until well combined.
9. Spoon the pasta mixture into the baking dish. Evenly sprinkle the top with breadcrumbs and then grated cheese.
10. Place the baking dish in the oven and bake for 20 minutes or until the topping is a golden brown and the cheese has melted.

VARIATIONS

*Any vegetables in season and available to you will work!

- For example: broccoli, cauliflower, zucchini, capsicum, carrot, and frozen peas work well.