



Tuna Pasta Bake

Serves 4

- 400g pasta preferably rigatoni or penne
 - 40g butter
 - 30g plain flour
 - 400ml milk
 - 150g strong cheddar, grated
 - 1 x 160g cans tuna steak in spring water, drained
 - 330g can sweetcorn, drained
 - A handful of fresh or frozen parsley (optional)
 - Salt and pepper to taste
1. Heat oven to 180C/fan 160C/gas 4.
 2. Boil a saucepan of water and add pasta cooking it for 2 mins less than it says on the pack.
 3. To make the sauce, melt the butter in a saucepan, then stir in the plain flour.
 4. Keep stirring and cook for 1 min, then gradually stir in the milk to make a thick white sauce.
 5. Remove from the heat and stir in all but a handful of the grated cheddar.
 6. Drain the pasta and mix it with the white sauce, the tuna, the sweetcorn and a large handful of chopped parsley, then season.
 7. Transfer to a baking dish and top with the rest of the cheese.
 8. Bake for 15-20 mins until the cheese on top is golden and starting to brown.