

# Tuna pasta bake

Serves 4

## Ingredients

- Olive oil spray
- 2 spring onions
- 1 x 425g can tuna in spring water
- 2 cups pasta (uncooked)
- 1½ cup frozen peas, carrot and corn mix
- 3 cups reduced fat milk
- 2 tablespoons cornflour
- 1 teaspoon dried mixed herbs
- Pepper to taste
- 1 cup reduced fat grated cheese
- ⅓ cup wholemeal breadcrumbs



## Method

1. Preheat oven to 180°C (fan-forced) and lightly spray a large rectangular ovenproof dish with oil.
2. Finely slice spring onions. Drain and flake tuna.
3. Cook pasta as per packet instructions. Add frozen vegetables before pasta is cooked. Drain and add to ovenproof dish.
4. Stir tuna through the pasta.
5. Add cornflour to the milk and stir to combine. Add milk to a saucepan and heat, stirring constantly. Stir through half of the grated cheese until the sauce thickens.
6. Pour sauce over pasta and top with breadcrumbs and the rest of the grated cheese.
7. Bake in oven for 30 minutes or until the cheese has melted and the breadcrumbs have browned.

NUTRITION INFORMATION		
Servings per recipe: 8		
Average serving size: 224g		
	Per serve	Per 100g
Kilojoules (kJ)	1118	500
Protein (g)	26.0	11.6
Total fat (g)	5.6	2.5
- Saturated fat (g)	2.7	1.2
Carbohydrates (g)	26.8	12.0
- Sugars (g)	8.2	3.6
Fibre (g)	2.9	1.3
Sodium (mg)	357	160

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.