

Cheesy Tuna & Pasta Bake

Serves 4

Ingredients

400g penne pasta
40g/1.5 oz butter/ spreadable butter
40g/1.5 oz plain flour
1 pint milk
75g/3 oz cheddar cheese, grated
black pepper
1 tin (about 160g) tuna in spring water, drained
Handful of frozen or tinned sweetcorn

Optional

225g/9oz frozen spinach
4 tomatoes, sliced



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When choosing your tuna, try and pick fish that has been canned with spring water. Tuna is often canned in brine which is very salty, or sunflower oil which is high in fat.

Method

Preheat oven to 180°C, or save switching the oven on and use the grill instead.

1. Cook the pasta in boiling water according to the instructions on the packet. Add the spinach, if using, for the final 3 minutes of cooking time. Drain once cooked.
2. Melt the butter in a medium sized saucepan. Add the flour and mix with a wooden spoon until all mixed together and then cook very gently for 2 minutes, stirring all the time. Gradually add the milk to the mixture and stir all the time until the sauce thickens.
3. Remove from the heat, stir in the sweetcorn, most of the cheese (save a handful for later), the tuna and the black pepper.
4. Stir the drained pasta and spinach into the sauce. Pour mixture into a shallow oven proof dish.
5. Arrange the sliced tomatoes on top (if using) and sprinkle with the rest of the grated cheese.
6. Bake in the oven for about 15 minutes, or until bubbling and golden. Or you can grill for around 5 minutes instead. Serve with broccoli or peas.

Top tips

- This recipe is really versatile...try swapping the spinach for some broccoli florets, or perhaps some frozen peas for the sweetcorn. Once you've made your white sauce you can add any number of different ingredients.
- The basic white sauce can also be used to make cauliflower cheese, or layer with bolognese to make a lasagne.
- This bake can also be made with a tomato sauce instead. You could use a batch of the sauce we made for last week's pizza session, stir through the cooked pasta and tuna and sprinkle with grated cheese before baking. This makes a super quick meal, if you have a ready made tomato sauce in the fridge/freezer.
- If you don't like tuna, you could use tinned salmon instead.
- You don't have to use penne pasta, try fusilli (pasta twists), shells or other shapes instead.

Tinned Peach Crumble

Serves 4

Ingredients

- 1 x 400g tinned peach slices
- 75g sugar
- 75g butter
- 50g porridge oats
- 50g ground almonds
- 65g plain flour
- Juice of ½ lemon (optional)

Method

1. Preheat the oven to 180°C, Gas mark 4.
2. Tip the fruit slices into an ovenproof dish along with a little of the juice/syrup. Squeeze over the lemon juice too if you like—its not an essential ingredient, but does cut though the sweetness of the peaches.
3. Put the flour, almonds, sugar and butter into a bowl and rub together with your fingers until the mixture resembles breadcrumbs. Then stir in the oats.
4. Sprinkle the crumble topping evenly over the fruit.
5. Cook in the oven for 30 minutes or until bubbling and golden on top.
6. Serve the crumble with some yoghurt or custard.

Nuts are really good for your physical and mental health and also make the crumble extra tasty. However, if you really don't like nuts (or if you are allergic of course!) just leave them out and add a little more flour.

Try sprinkling the top with pumpkin seeds, sunflower seeds and flaked almonds. These will add extra crunch to your crumble and are also full of essential fats which are good for you.

You don't have to use peaches, or tinned fruit at all, but tinned fruit is cheap and always useful to have in the store cupboard!

Apples, pears, rhubarb and apricots all make for delicious crumble fillings.



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