

Tuna Pasta Bake

Dried pasta

1 onion, chopped

1 clove of garlic, crushed

1 tin tuna

1 tin chopped tomatoes

Mixed dried herbs or oregano

Grated cheese

Light Philadelphia (optional)



This is a really nice and simple dish that the whole family can enjoy.

1. Put the pasta on to cook for about 10 minutes (allow 75g-115g/ 3oz-4oz dried pasta per adult, and about half this per child). Drain the pasta once cooked.
2. Use tuna in oil if you have some. Pour a bit of the oil from the tuna into a pan and fry some onion and garlic (if you have it). Pour away the rest of the oil. Add the tuna to the pan, and heat through and mix up for a minute.
3. Add a tin of chopped tomatoes and some mixed herbs or oregano, and a little black pepper. Cook for 5-10 minutes and add to cooked pasta.
4. To make it into a 'bake' pile it all into an oven dish, and top with cheese. Bake for 15- 20 minutes at 180 C/Gas 4.

Variations

TIP: To make it extra tasty, add in sweetcorn, onions and/or mushrooms.

To make it more interesting, you can add a small amount of red wine to the sauce (the alcohol boils away), you can also add a tablespoon of Light Philadelphia to make it really creamy.

If you don't like tuna, the same recipe works really well with chopped up bacon. Adding a stock cube into the pasta water gives it a bit of extra flavour. Instead of a bake, keep it simple and mix it all in a big bowl.