

# Tuna & broccoli pasta bake

Serves 4



## Ingredients (allergens in bold)

- 150g broccoli – broken into florets
- 225g **pasta** shapes like penne or fusilli
- 1 tablespoon rapeseed oil
- 1 red pepper – chopped
- 2 x 185g cans **tuna** – drained
- 225g reduced fat **cream cheese**
- 1 tablespoon tomato puree
- 400g can cherry tomatoes
- ground black pepper
- 2 tablespoons **breadcrumbs**
- 50g **Cheddar cheese** – grated
- 1 tablespoon sunflower oil

## Method

1. Cook the broccoli in small amount of boiling water for 3 minutes, drain and cool under running water.
2. Cook your pasta in boiling water until just soft (al dente).
3. Heat the olive oil in the frying pan and stir-fry the red pepper until soft. Take the pan off the heat, and stir in the cream cheese, tomato puree and canned cherry tomatoes to make a sauce. Mix well and season with plenty of black pepper.
4. Pre-heat the oven to 200°C /Gas 6.
5. Combine the cooked pasta, tuna and broccoli with the cheese and tomato sauce. Pour the mixture into an ovenproof dish.
6. Sprinkle the breadcrumbs and grated cheese on top of the pasta and bake in the oven for 15 minutes or until the topping is golden-brown.



## Equipment

- saucepan and lid
- sieve
- chopping board
- sharp knife
- frying pan
- can opener
- wooden spoon
- grater
- ovenproof dish

## Recipe notes and tips

- Use wholewheat pasta shapes to increase the fibre content.
- Other vegetables that would work in the recipe include sweetcorn, peppers and courgettes.
- A reduced fat cheese would lower the level of saturated fat.