

# Pasta bake:

## Ingredients

100g pasta  
100g cheese  
100g broccoli (or other veg)  
100g tuna or other protein  
25g soft margarine  
25g plain flour or corn flour  
250ml semi-skimmed milk  
1 tsp dried oregano (in school)  
50g sweetcorn (canned or frozen)  
Black pepper

## Special diet information

Vegetarian	Use soya cheese and milk for vegan, use veg protein eg beans
Coeliac	Use gluten free pasta and cornflour for the sauce
Lactose intolerant	Use soya cheese and milk. Use herbs to flavour the sauce



## Equipment

From home: Apron, tea towel and oven proof dish.

Safety rules:

## Method

1. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10-12 minutes, until *al dente*.
2. Grate the cheese and cut the veg into small pieces.
3. Make the sauce:
  - ◆ Place the margarine, flour and milk into a small saucepan;
  - ◆ Bring the sauce to a simmer, whisking it all the time until it has thickened;
  - ◆ Reduce the heat, stir in the oregano, and allow to simmer for 2 minutes stirring all the time.
4. During the last 2 minutes of the pasta boiling, add the veg to the pasta.
5. Drain the boiling hot water away from the pasta and vegetables into a colander in the sink.
6. Pour the drained pasta and vegetables into the sauce.
7. Stir in the tuna or other protein.
8. Pour the mixture into an ovenproof dish.
9. Sprinkle the cheese over the top, and add a few twists of black pepper.
10. At home re-heat thoroughly until piping hot.

## Development ideas

- ◆ Try different varieties of pasta shapes, such as macaroni or shells.
- ◆ Use different types of vegetables, like leeks, peppers and mushrooms.
- ◆ Different protein eg chicken, salmon, ham, chick peas or kidney beans
- ◆ Add a spoon of pesto, mustard or tomato puree to the sauce for extra flavour.

**Skills... add your top tips for safety and quality**

Grating	
Vegetable prep	
Boiling and simmering	
Making a roux sauce	
Draining	

Photo: