

# Tuna and broccoli pasta

The basic recipe for mac and cheese is made with extra cheese in the sauce and no vegetables, this slideshow shows a lower fat development with herbs in the sauce for flavour, tuna for some protein and broccoli for some of your 5 a day and colour too. You can adapt the basic recipe to make whatever style of pasta bake you think your family would like.



## Ingredients

100g pasta

40g cheese

100g broccoli

100g canned tuna drained

25g soft margarine

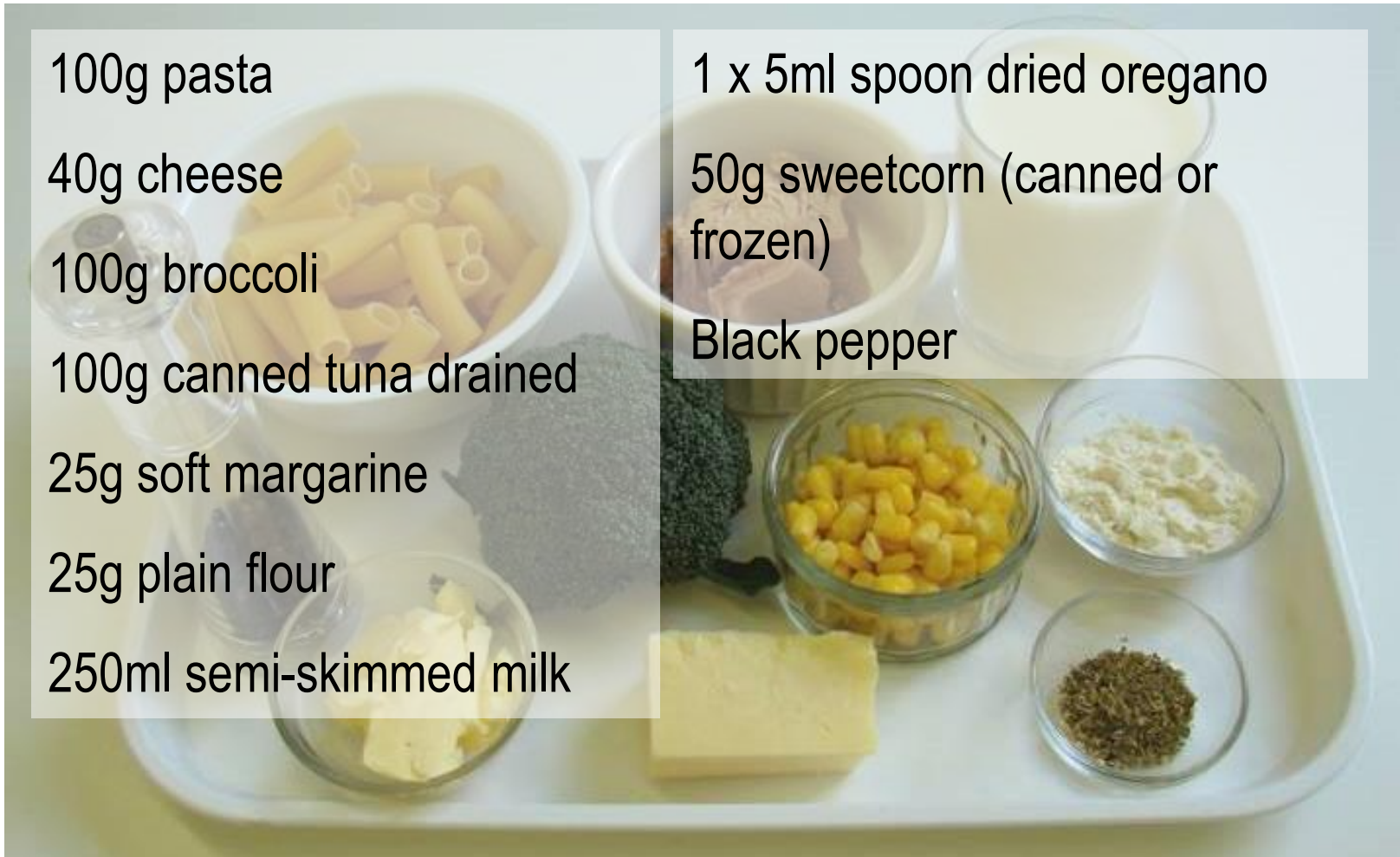
25g plain flour

250ml semi-skimmed milk

1 x 5ml spoon dried oregano

50g sweetcorn (canned or frozen)

Black pepper



## Equipment



Two saucepans

Weighing scales

Grater

Chopping board

Knife

Colander

Measuring jug

Wooden spoon

Measuring spoons

Whisk

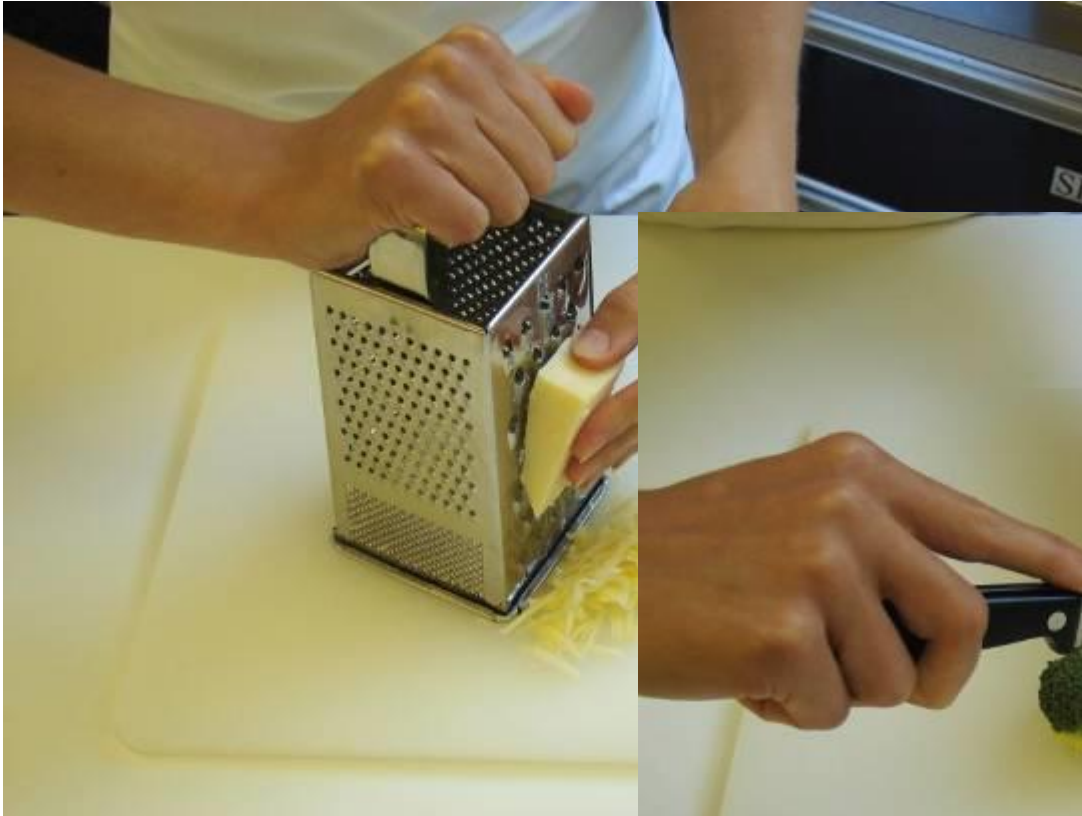
Ovenproof dish (or foil tray)

## Method

1. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10 – 12 minutes, until *al dente* (soft but not soggy).



2. Grate the cheese and cut the broccoli into small pieces.



3. While the pasta is cooking, make the sauce:

- place the butter or margarine, flour and milk into a small saucepan;



- turn on the heat and bring the sauce to a simmer, whisking **all the time** until it has thickened;



- reduce the heat, stir in the oregano, and allow to simmer for 2 minutes stirring gently. If you are making cheese sauce add your cheese here.





4. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.



5. Preheat the grill.



6. Drain the boiling hot water away from the pasta and vegetables into a colander in the sink.



7. Pour the drained pasta and vegetables into the sauce.



8. Stir in the canned tuna.



9. Pour the mixture into an ovenproof dish (or foil tray).



10. Sprinkle the cheese over the top, and add a few twists of black pepper.



11. Place under a hot grill until the cheese is bubbling and golden brown.







## **Top tips**

Try different varieties of pasta shapes, such as macaroni or shells.

Use a different types of vegetables, like leeks, peppers and mushrooms.

Add a spoon pesto, mustard or tomato puree to the sauce for extra flavour.