| **Tuna Pasta Bake – lesson 1** | |
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| **Ingredients**  150g pasta  Tin of tuna  Small tin of sweetcorn  40g peas  **Notes**   * **Don’t forget your arpon!** | **Method**   1. Half fill a pan with hot water and bring to the boil. 2. Add the pasta and cook for 10-12 minutes on a high heat. 3. When the pasta is soft, remove the pan from the heat and drain the pasta. 4. Transfer the pasta to a tupperware box ready to be stored until next lesson. 5. Open the tin of tuna and tin of sweetcorn and drain the oil/water/brine. 6. Add the tuna, sweetcorn and peas to the tupperware containing the pasta. |
| **Tuna Pasta Bake – lesson 2** | |
| **Ingredients**  250ml milk  25g butter  25g plain flour  30g cheddar  **Notes**   * **Don’t forget your apron!** * **2l ovenproof dish to bring pasta bake home and then cook in.** * **Check allergies of consumer before serving.** | **Method**   1. Melt the better in a medium sized saucepan over a medium heat. 2. Add the flour and whisk the paste that will form. 3. Slowly add the milk to the paste, whisking until smooth. Keep whisking and cooking the sauce until thick and creamy. 4. Remove the saucepan from the heat and stir in the pasta, tuna, sweetcorn and peas. Turn out into an ovenproof dish. 5. Grate cheese and sprinkle over the top of the pasta bake. 6. To cook, place in a preheated oven at 180℃ for 20 minutes, until the cheese melts and bubbles. |