

Tuna Pasta Bake – lesson 1

Ingredients

150g pasta
Tin of tuna
Small tin of sweetcorn
40g peas

Notes

- **Don't forget your apron!**

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 butter 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°C for 20 minutes, until the cheese melts and bubbles.

