



Recipe
5

Serves
3-4



**FOOD
STANDARDS
AGENCY**
WALES

Tuna Pasta Bake



Ingredients

250g (8oz) pasta shapes
1x200g can tuna fish (in brine or water), drained
1x150g can sweetcorn (or frozen)
2 tomatoes, cut into chunks
75g (3oz) Cheddar cheese, grated

Sauce:

25g (1oz) butter or margarine
25g (1oz) plain flour
250ml (1/2 pint) semi-skimmed milk
mixed herbs
seasoning

Equipment

Saucepan, colander, measuring jug, mixing spoon, baking dish, grater, knife, can opener and a chopping board.

Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Boil the pasta for 10 minutes, until tender. Drain the pasta.
3. **Make the sauce.**
Melt the butter or margarine in a saucepan. Add the flour and stir into a paste. Gradually add the milk, stirring constantly. The sauce will become thick. Reduce the heat, and allow to simmer for 2 minutes. Add seasoning and mixed herbs, if desired.
4. Add the pasta, tuna and vegetables to the sauce and stir the mixture together.
5. Pour the pasta mixture into a baking dish.
6. Sprinkle grated cheese over the top.
7. Bake for 20 minutes, until golden brown.

Note: You may wish to garnish this dish with additional tomato slices and chopped parsley.

Nutrition Information

Tuna Pasta Bake	per 100g	per recipe	per portion (¼ recipe)
Energy (kJ)	717	8213	2053
Energy (kcal)	171	1963	491
Protein (g)	9.8	112.6	28.2
Fat (g)	5.2	59.3	14.8
of which saturates (g)	2.9	33.4	8.4
Carbohydrate (g)	22.9	264.8	65.4
of which sugars (g)	3.5	40.3	10.1
Fibre (g)	1.0	11.8	3.0
Sodium (mg)	163	1870	467
Salt (g)	0.4	4.7	1.2

Notes

Key Messages

Healthy eating

- Tuna fish canned in water is lower in salt than tuna canned in brine, and lower in fat than tuna canned in oil.
- Make the sauce using semi-skimmed, or skimmed milk to reduce the fat content and increase the calcium content.
- Use a reduced fat cheese.
- Wholewheat pasta has more fibre than white pasta.
- Eat at least 2 portions of fish every week, one of which should be oily, e.g. mackerel, salmon, sardines.

Money

- Add plenty of pasta to the bake to make it go further.
- Use frozen sweetcorn or peas so you can use just what you need.

Food safety

- Wash hands frequently.
- Do not use dented cans.

Options

- Serve a side salad and some crusty bread with the pasta bake.
- Use a can of reduced fat condensed mushroom soup to make your own sauce if you are in a hurry.