

TUNA PASTA BAKE

PREP TIME: 10 MINS

COOK TIME: 25 MINS

SERVES: 4

Ingredients:

- 2 cups of any dry pasta
- 2 cans of tuna in springwater
- 1 cup of frozen mixed veggies (peas, corn, carrots)
- 1 small onion
- 1 can of tomatoes
- 1 cup of grated cheese
- 1 tbsp of cooking oil
- Seasonings e.g., salt, pepper, and mixed herbs



Instructions:

1. Preheat oven to 180°C (fan bake).
2. Cook pasta in salted boiling water for 8–10 minutes until just tender. Drain and set aside.
3. In a frying pan, heat cooking oil. Add onion and cook for 3–4 minutes until soft.
4. Add tomatoes, frozen vegetables, seasonings, and tuna. Stir and simmer for 5 minutes.
5. Combine the tuna mixture with the cooked pasta in a baking dish. Mix well.
6. Top with grated cheese and bake for 15–20 minutes, until the cheese is melted and golden.