

Creamy Tuna Pasta Bake

Eat well • waste less • make food last



INGREDIENTS

- 300 g** dried pasta, any shape
- 290 g** tuna chunks in brine or spring water, drained
- 165 g** full-fat cream cheese
- 200 g** tinned or frozen sweetcorn
- 100 g** Cheddar cheese, grated
- 1 tsp** Dijon mustard (optional)
- To taste** black pepper (optional)



PREP
10 min



COOK
25 min



SERVES
4-6



METHOD

- 1** Preheat the oven to 200°C / 180°C fan / Gas 6.
- 2** Cook the pasta according to the packet instructions. For the best result, cook it for 1–2 minutes less than stated because it will continue cooking in the oven.
- 3** Drain the pasta and return it to the saucepan.
- 4** Stir in the tuna, cream cheese, sweetcorn, half the Cheddar, the mustard and black pepper.
- 5** Tip the mixture into an ovenproof dish and sprinkle over the remaining cheese.
- 6** Bake for 10–15 minutes, until golden and piping hot. Serve on its own or with salad or garlic bread.



MAKE IT GO FURTHER

Any pasta shape works, and frozen sweetcorn can be stirred straight into the hot pasta—use what you already have.