**Tuna and Sweetcorn Pasta Bake**

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| **1.Get ready**  A picture containing text, bottle, food, indoor  Description automatically generated  Wash your hands.  Weigh out ingredients.  Turn on the oven to 180C (fan160C). | A group of containers with food in them  Description automatically generated with low confidenceCarefully open the tins and drain the sweetcorn and the tuna.. | **2. Cook the pasta**  Half fill a large saucepan with water, add the pasta and a little salt.  Bring to a boil. Cook as in instructions on packet.  Drain. |
| Add the tuna and sweetcorn to the saucepan, and mix well with the pasta. | **3. Make the sauce**  A pan of food  Description automatically generated with low confidenceMelt the butter in a medium saucepan. Add the flour and cook for one minute. | Stir in the milk a little at a time to make a thick white sauce. |
| A picture containing food processor  Description automatically generatedUse a small balloon whisk to get rid of any lumps. | **4. Put it all together**  Remove the sauce from the heat. Stir in 250g of the cheese and the pasta mixture. | A picture containing food, rice, indoor, container  Description automatically generatedTransfer the pasta mixture to a baking dish. Pour over the sauce. Top with the remaining cheese. |
| A picture containing food, dish, pizza, indoor  Description automatically generatedBake in the oven for 15-20 minutes until cheese on top is golden and starting to brown. |  |  |

**Ingredients List**

**Serves 4**

200g dried pasta

Shapes

50g butter

50g plain flour

600ml milk

350g cheddar cheese, grated

320g tin of sweetcorn, drained

2 x160g tin of tuna, drained

Salt and pepper

**Costings**: £2.55 per a serving (average supermarket pricing, March 2022)

**Substitutions:** swap the tuna for canned beans for a vegetarian option**!**

**Nutritional Information:**

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| **Calories Kcal** | **826** |
| **Fat** | **43.6g** |
| **Saturated fat** | **23.42g** |
| **Carbohydrates** | **53.6g** |
| **Protein** | **53g** |
| **Sugar** | **12.8g** |
| **Salt** | **0.6g** |
| **Fibre** | **2.9g** |

Tuna is a great source of vitamin D, helping to keep your bones strong. Sweetcorn has plenty of fibre to help keep you full and to help break down your food into little pieces in your tummy.