



TUNA BAKE (SERVES 4)

INGREDIENTS

250g pasta (approximately half a packet)

420g can tuna (drained)

420g can corn kernels (drained)

420g can peas and carrots (drained)

3 tablespoons flour

1 1/2 cup of milk

1/4 cup grated cheese

2 tablespoons breadcrumbs

2 tablespoons oil (not provided)

UTENSILS

Large saucepan

Colander

Baking dish (medium to large)

Wooden spoon

Tablespoon

Measuring cup or jug

TUNA BAKE



METHOD

1. Preheat oven to 180°C.
2. Cook pasta in a large saucepan (as per instructions).
3. Drain pasta in colander and set aside.
4. In the same large saucepan on medium heat, place tuna, corn, peas and carrots, stir to mix ingredients together.
5. Add cooked pasta and flour, stirring to coat all ingredients in flour.
6. Add milk to the saucepan gradually and stir until milk thickens slightly.
7. Pour mixture into lightly greased oven proof baking dish.
8. Sprinkle grated cheese and bread crumbs over pasta mix. Bake in 180°C oven for around 30 minutes.
9. Once cooked spoon in to bowls and serve.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au