



TUNA, PUMPKIN & BROCCOLI PASTA BAKE (SERVES 4)

INGREDIENTS

3 cups water

250g pasta (approx. half a packet)

500g pumpkin (diced)

½ onion (diced)

Canola oil spray

2 cups broccoli (fresh or frozen)

200g of canned creamed corn

400g can corn kernels (drained and rinsed)

250g low fat ricotta or cottage cheese

425g tinned tuna

Mixed herbs to taste (if desired)

¼ cup breadcrumbs (wholegrain if available)

¾ cup grated cheese (reduced fat, if available)

UTENSILS

Clean paper towel or cloth

Measuring cup set or jug

Large saucepan

Colander or strainer

Knife

Chopping board

Can opener

Grater

Wooden spoon

Baking dish (medium to large)



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OPTIONS

- For additional flavor you can garnish with seasoning and fresh herbs.

METHOD

1. Preheat oven to 180°C and lightly spray a baking dish with canola oil.
2. Heat water in a large saucepan until boiling. Carefully add pasta into saucepan and cook as per pack instructions (or see Cooking Pasta Instruction Card).
3. Wash and dry vegetables thoroughly. To do this rinse vegetables well with cool water, being sure to remove any dirt or residue. Pat dry using a clean paper towel or cloth.
4. Peel and dice pumpkin into 2cm cubes and then cut broccoli in to small pieces.
5. Add diced pumpkin and broccoli to the saucepan with the pasta and cook for 5 minutes or until the pasta, pumpkin and broccoli are tender. Drain the water out of the saucepan.
6. Peel the onion and dice.
7. Add the creamed corn, corn kernels, ricotta or cottage cheese, onion, tinned tuna and mixed herbs into the saucepan with pasta and vegetables. Using a wooden spoon stir to combine.
8. Place mixture into a baking dish and sprinkle with breadcrumbs and grated cheese.
9. Bake in oven for 30 minutes or until golden on top.

FOR MORE INFORMATION

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