



## TUNA PASTA BAKE (SERVES 2)

### INGREDIENTS

1 teaspoon canola oil

1 packet Continental Pasta and Sauce Macaroni Cheese

$\frac{3}{4}$  425g can spring water tuna

$\frac{1}{4}$  cup reduced-fat cheese (grated) (not provided)

420g can mixed vegetables (reduced salt if available)

### INGREDIENTS FOR PASTA PACKET (NOT PROVIDED):

$\frac{3}{4}$  cup milk (reduced fat if available)

2 teaspoons margarine (salt reduced if available)

1 cup hot water

### UTENSILS

Measuring jug or measuring cups

Teaspoon

Medium Saucepan

Wooden spoon

Medium oven proof dish

Bowls or plates to serve

Large spoon

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# TUNA PASTA BAKE



## METHOD

1. Preheat fan forced oven to 200°C and grease oven proof dish with oil.
2. Cook continental macaroni and cheese in a saucepan following the directions on the packet. This will take approximately 15 minutes.
3. Meanwhile, drain the liquid from the can of mixed vegetables and the tuna and set them aside.
4. Add the drained mixed vegetables and tuna to the saucepan with the cooked macaroni and cheese and mix with a spoon to combine.
5. Once combined, spoon pasta mixture into the greased oven proof dish.
6. Sprinkle the pasta mixture with cheese (if available).
7. Bake for 12 to 15 minutes or until cheese is melted and golden. *(Refer to figure 4)*
8. Spoon evenly in to three bowls to serve. *(Refer to figure 5)*



Figure 1: Recipe Utensils



Figure 2: Recipe ingredients



Figure 3: Step 2- cooking packet pasta in saucepan



Figure 4: Baked tuna pasta bake



Figure 5: Serving tuna pasta bake

**FOR MORE INFORMATION**

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