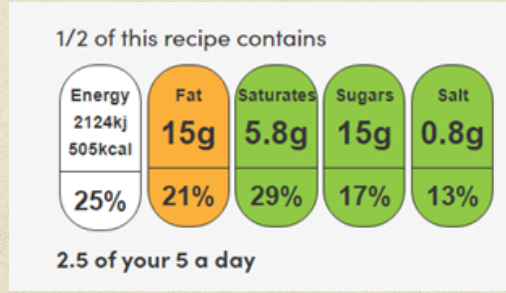


TUNA PASTA



Prep Time: 5 mins

Cooking Time: 15 mins

Serves: 2 Adults

Ingredients

- 80g wholewheat penne pasta
- 25g butter
- 25g plain flour
- 200ml low fat milk
- 2 tablespoons of dijon mustard or tomato puree
- 1 green pepper
- 130g tin tuna in spring water
- 200g tin sweetcorn



What you will need

- Chopping board
- Chopping knife
- Measuring jug
- Saucepan
- Wooden Spoon
- Sieve
- Whisk



Method

1. Cook the pasta in a pot of boiling water according to packet instructions.
2. Melt the butter in a pan over a medium to low heat. Sieve in the flour and cook for 1 minute, stirring quickly with a wooden spoon to make a smooth glossy paste.
3. Remove from the heat. Gradually pour in the milk, whisking until smooth.
4. Bring to the boil, then stir in the mustard or tomato puree until evenly combined.
5. Reduce the heat. Simmer for 5 mins, stirring occasionally, until smooth & thickened.
6. Cut the green pepper in half, remove the core and seeds, then cut into small pieces.
7. Drain the tuna and sweetcorn. Mix them into the sauce with the diced green pepper.
8. Drain the pasta. Then return it to the pan and mix it with the tuna & vegetable sauce.
9. Divide among 2 bowls to serve. Or eat 1 portion for dinner then put the other portion into a lunchbox and keep refrigerated for lunch the next day!



Source: www.safefood.net/recipes/tuna-pasta-sweetcorn-peppers

