

TUNA PASTA BAKE



Prep Time: 10 mins

Cooking Time: 25 mins

Serves: 4 Adults

Ingredients

- 375 g of pasta
- 2 tins (198 g) of tuna in brine, drained
- 1 onion, chopped
- 1 tsp of Worcestershire sauce
- pinch of salt if desired
- pepper
- 25 g of low-fat spread
- 225 g fresh brown breadcrumbs



What you will need

- Saucepan
- Casserole dish
- Mixing bowl
- Wooden spoon
- Chopping board
- Chopping knife



Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Bring pasta to the boil and cook following the instructions on the packet. Drain water once cooked.
3. Flake the tuna into a bowl. Add the chopped onion, Worcestershire sauce, salt (if using), pepper and pasta.
4. Pour some of the mixture from step 3 into a casserole dish and cover with a layer of breadcrumbs.
5. Continue layering in this way until all ingredients have been used up.
6. Finish with a layer of breadcrumbs on the top, dot the surface with the low-fat spread and bake in the preheated oven for 20 to 25 minutes.
7. Serve immediately. Option to serve with a tossed green salad or vegetables of your choice (e.g. chopped carrots, peas or sweetcorn).

