

## Tuna Pasta Bake

1 tbspn veg oil  
1 onion  
1 clove garlic  
50g butter (half if you are serving 2-3 people)  
50g plain flour (half if you are serving 2-3 people)  
600ml milk (half if you are serving 2-3 people)  
250g cheddar  
1 can tuna steak  
1 can sweetcorn  
100g shaped pasta per person – this recipe is ideal for 4-6 people.  
50g cheddar  
Pinch of pepper and/or dried herbs  
Oven-proof dish  
Saucepan and lid  
Wooden spoon  
Knife and green/brown chopping board  
Mixing bowl  
Cheese grater  
colander

### Method

- **Check the oven is clean. Make sure the shelves are in the right place for your oven-proof dish.**
- **Turn on to Gas Mark 6/200 degrees.**
- **GRATE ALL THE CHEESE INTO A MIXING BOWL.**

Prepare the onion and garlic

1. Put 1 tbspn veg oil in a large sauce pan.
2. Peel and dice the onion and put it in the pan
3. Peel and crush/finely chop the garlic and put it in the pan
4. Turn on heat to medium. Soften the onion and garlic for 5 mins or until transparent. Stir gently all the time.

Make the sauce

1. Add the butter to the pan.
2. When melted, but not sizzling, add the flour, and STIR REALLY WELL. It will stick to the onions and that's ok!
3. Add the milk a little bit at a time and stir well after you add each bit.
4. Add HALF of the cheese. Simmer the sauce gently for 10 minutes. Stir to avoid sticking.
5. Turn off the heat.
6. Pour the sauce into the oven proof dish. Add pinch of pepper and/ or herbs.
7. Open the tuna and drain away the water/oil. Break it into chunks and add to the sauce in the dish.

Prepare your equipment

1. Wash up the pan and wooden spoon.
2. **MAKE SURE THE SINK IS EMPTY AND CLEAN – YOU WILL NEED IT IN ABOUT 15 MINUTES!!!**
3. Half fill the pan with water and bring to the boil, with the lid on to conserve heat.

Cook the Pasta

1. Add the pasta to the pan of water and **simmer for 10 minutes.**
2. **After 10 minutes**, turn off the heat. **Put the colander in the sink.**
3. Drain the pasta VERY CAREFULLY through the colander in the sink.
4. Add it to the sauce in your dish and stir really well.

Add the topping and bake.

1. Sprinkle the rest of the cheese over the pasta and sauce. Put in the oven and bake for 15-20 minutes.