

Tuna and Broccoli Bake

Skill level: Level 2
Preparation time: 25 minutes
Makes: 4 portions



What you need

Ingredients

100g rigatoni
40g cheese
100g broccoli
100g canned tuna (in water) drained
25g soft margarine
25g plain flour
250ml semi-skimmed milk
1 x 5ml spoon dried oregano
50g sweetcorn drained (canned or frozen)
Black pepper

Equipment

Two saucepans
weighing scales
grater
chopping board
knife
measuring jug
whisk
measuring spoons
colander
wooden spoon
ovenproof dish or foil tray

What you do

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1. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10-12 minutes, until al dente.
2. Grate the cheese and cut the broccoli into small pieces.
3. While the pasta is cooking, make the sauce:
Place the butter or margarine, flour and milk into a small saucepan;
Bring the sauce to a simmer, whisking it all the time until it has thickened;
Reduce the heat, stir in the oregano, and allow to simmer for 2 minutes.
4. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.
5. Preheat the grill.
6. Drain the boiling hot water away from the pasta and vegetables into a colander in the sink.
7. Pour the drained pasta and vegetables into the sauce.
8. Stir in the canned tuna.
9. Pour the mixture into an ovenproof dish or foil tray.
10. Sprinkle the cheese over the top, and add a few twists of black pepper.
11. Place under a hot grill until the cheese is bubbling and golden brown.

Try different varieties of pasta shapes, such as macaroni or shells. Use different types of vegetables, like leeks, peppers and mushrooms. Add a spoon of pesto, mustard or tomato puree to the sauce for extra flavour. The grill pan gets hot so remember to use oven gloves.