

**BECK
ETT 
FOOD**

UTENSILS

Sauce pan
Ovenproof dish
Chopping board
Sharp knife

INGREDIENTS

300g dried pasta
1 head of broccoli
1 tin/jar passata
3 tsp tomato puree
1 tbsp oregano
1 tbsp soy sauce
2 tsp garlic granules
2 tins of tuna
2 handfuls of cherry
tomatoes (halved)
150g grated cheese

Serves 4

T U N A PASTA BAKE

- 01** Preheat the oven to 200°C / Fan 180°C / Gas 6.
- 02** Bring a large pan of water to the boil and cook the pasta according to the pack instructions. About 5 minutes before the end of the cooking time, add the chopped broccoli to the pot.
- 03** In a deep ovenproof dish, mix together the passata, tomato purée, oregano, soy sauce, and garlic granules.
- 04** Drain the pasta and broccoli. Add them to the dish along with the cherry tomatoes and drained tuna. Give everything a really good stir so the sauce coats the pasta well.
- 05** Scatter over the grated cheese and bake for 15 minutes, or until the cheese is melted and golden on top.
- 06** Serve straight away.

ADD A TWIST

This recipe is really easy to switch up. Try swapping the broccoli for peas, sweetcorn, or spinach - and if you have leftovers, they make a great pasta salad the next day.

Or - as one of the team swears by - you can crush up a bag of salt & vinegar Seabrooks or cheese & onion Walkers and sprinkle it over the top before baking for an extra crunchy finish.



TUNA PASTA BAKE
