



## EASY, TASTY RECIPES

# TUNA PASTA BAKE

Save time and effort with this tasty and easy to make tomato-based tuna pasta bake

## INGREDIENTS

### 4 Dinners:

300g Conchiglie pasta  
500ml Milk  
100g Onions  
5ml Oil  
400g Tinned tomatoes  
185g Tinned tuna  
325g Tinned sweetcorn  
3g Mixed dried herbs  
10g Freshly chopped parsley  
100g Grated mature cheese  
Salt & Pepper to taste

## INSTRUCTIONS

1. Place the pasta into a pan of boiling water and cook until the pasta is al dente. Once cooked drain and rehydrate under cold running water until cool. Allow to drain for use later.
2. Gently sauté the onions with the oil for 4-5 minutes until golden.
3. Then add the milk, tinned tomatoes, dried mixed herbs, seasoning and 2/3 of the fresh chopped parsley. Bring to the boil for approximately 10-15 minutes, until the sauce reduces slightly.
4. Once the sauce has reduced slightly, blitz using a hand blender until smooth.



## CONT.

5. Drain the tinned sweetcorn and tuna and add to the sauce. Mix together.
6. Add the pasta and mix until all the pasta is well coated.
7. Pour into an oven proof dish and sprinkle with the grated cheese and the remaining chopped parsley.
8. Bake in the oven at 180°C for approximately 25-30 minutes until the dish is piping hot and the cheese has started to turn golden.

## HOW TO USE LEFT OVER PARSLEY

1. Freeze into ice cubes
2. Make infused oil
3. Flavour butter
4. Replant it
5. Whisk into a salad dressing

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