

# Tuna pasta bake

Serves 4-5



## Ingredients

150g/5oz/2½ handfuls dry pasta/4 handfuls of cooked whole-wheat pasta  
2x185g tins of tuna ( in spring water if possible)  
110g/4oz mature cheese, grated  
2 cloves of garlic, crushed  
2 carrots, diced  
2 tomatoes, diced  
1 medium onion, diced  
1 handful mushrooms, chopped  
1 small can sweetcorn, drained  
1 medium courgette, diced  
1 small (295g) can low fat Campbell's condensed mushroom soup  
1 canful (empty soup can filled) skimmed milk  
1 teaspoon of sunflower oil  
1 heaped teaspoon mixed herbs  
Sprinkle of black pepper

## Method

1. Preheat the oven to 200°C/400F°/Gas mark 6. Cook pasta according to packet instructions.
2. Pour the oil in a large frying pan and add the garlic, sweetcorn and all of the chopped vegetables. Cook for 10 minutes on a low heat.
3. Drain the tuna, add the tuna, soup and milk to the vegetables.
4. Add lots of black pepper and the mixed herbs.
5. Drain the pasta when cooked.
6. Add the pasta to the vegetable sauce mix and stir.
7. Pour the mixture into an ovenproof dish and top with the cheese.
8. Bake for 20 minutes or until the cheese is melted and golden.
9. Serve straight away with a salad.