Recipe

super duper tuna pasta

Introducing our super duper tuna pasta! Smothered in a luscious bechamel sauce infused with sweetcorn, dill, and spring onion, we are confident that your little ones will simply adore this delightful dish! Pair it with a side of bread, unsalted butter, and a medley of fresh vegetables for a complete and wholesome meal.

Ingredients

30g of butter

1 small onion - finely chopped

3 garlic cloves - finely chopped

30g of plain flour

530ml of milk

300g of drained tuna

30g of wholegrain mustard

150g of sweetcorn

4 stems of spring onion - sliced

1 small handful of dill - chopped

100ml of double cream

400g of cooked pasta

2 handfuls of grated cheese

handful of breadcrumbs

juice of half a lemon

Method

add butter to a medium heat wide based pan

add onion and cook for 20 minutes until soft and golden

add garlic and cook for another 2 minutes

add flour and mix well until combined

add milk in quarters, stirring well each time as soon as it's added and allowing 5 minutes to thicken

once all milk is incorporated, allow sauce to simmer and thicken slightly over 15 minutes, stirring often

add tuna, mustard and sweetcorn and mix well until combined

add sliced spring onions, chopped dill and lemon juice and your sauce is ready

mix with cooked pasta and spoon into an ovenproof serving dish, topping with grated cheese and breadcrumbs and baking at 180°C for 40 minutes until golden and bubbling hot!

Please note: This recipe is correct at the time of publication on 15/11/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

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