

Take and Make

With Brathay

This week we have given you the ingredients to make

MAIN: Tuna Pasta Bake

Before you start collect your equipment and wash your hands. Remember to tie back your hair whilst preparing food.

1. Turn the oven to 180° C
2. Measure out 50g dry pasta per person and cook according to the instructions on the packet. When it is ready drain and set aside. (rinse under tap water to prevent it sticking together too much)
3. Finely chop the onion (this means in really small pieces not big chunks!) and chop or crush the garlic.
4. Heat a pan over a medium high heat and cook the garlic and onion until golden (this will take about 3 minutes)
5. Add the 2 tins of chopped tomatoes, 150ml water, 1 tablespoon tomato puree, and herbs to the pan and stir. Add salt and pepper to taste.
6. Bring the pan to simmering (when bubbles are just appearing). Simmer for 5 minutes—stirring occasionally—until the sauce thickens slightly.
7. Turn off the heat and taste—add more salt and pepper if necessary. You may want to add 1 teaspoon of sugar but this is not essential.
8. Turn off the heat and add the pasta to the tomato sauce. Stir to coat the pasta.
9. Gently add the tuna—don't stir too much or the lovely tuna chunks will become tuna smush!
10. Tip the mixture into an oven proof dish and top with the mozzarella cheese.
11. Bake for 20 mins. Remove from the oven and let it stand for a few minutes then serve.