

# Tuna pasta bake

Lunch

Dinner

makes: 4-6



## Equipment needed:



## Ingredients:

- olive oil
- 1 small onion
- 2 x 400g tinned tomatoes
- 1 cup of frozen vegetables of your choice
- 3/4 cup of water
- 425g can chunk tuna in oil
- 200g spiral pasta
- 1 1/2 cups shredded mozzarella cheese

## Method:

1. Pre-heat the oven to 180C fan forced.
2. Heat a saucepan to high heat. add onion and cook for 3 minutes
3. Add tomato tin/s, water and frozen veggies. Stir and bring to a simmer, simmer on a low heat for 5 minutes or until thickened
4. turn off the stove and add cooked pasta and tuna, mix through
5. Place in oven proof dish, sprinkle with cheese and bake for 20 minutes or until golden
6. Once cooked let it cool for 3 minutes then serve

