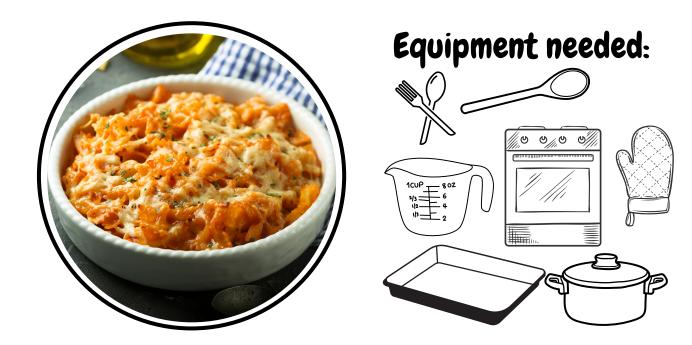
## Tuna pasta bake Lunch Dinner makes: 4-6



## 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

