



Tuna Pasta Bake



Serves
4



Prep
20 minutes



Cooking
35 minutes

A pasta bake is so delicious – and this tuna version will go down a treat!

	Calories	Sugars	Fat	Saturated Fat	Salt
100g	114kcal	3.4g	3.2g	1.3g	0.33g
RI%	6%	4%	5%	7%	6%

Method

1. Preheat the oven to 190°C, fan 170°C, Gas Mark 5.
2. Drain the cans of Princes Tuna Chunks and tip onto a plate. Break the fish into chunks and set aside.
3. Cook the pasta in lightly salted boiling water for 10-12 minutes.
4. Meanwhile, heat the olive oil in a frying pan and gently fry the onion, courgette and pepper for 5-6 minutes, until softened. Stir in the cherry tomatoes and tomato pasta sauce.
5. Add the dried herbs and season with salt and pepper.
6. Drain the pasta well and tip it into a baking dish. Add the vegetable mixture, stirring to combine, then gently mix in the tuna chunks. Sprinkle the cheese on top.
7. Bake for 20-25 minutes until the surface is golden brown.

Ingredients

2x145g cans Princes Tuna Chunks in Spring Water
200g pasta, such as penne or macaroni
1tbsp olive oil
1 small red onion, chopped
1 courgette, chopped
1 red pepper, deseeded and chopped
10 cherry tomatoes, halved
500g jar tomato pasta sauce
2tsp mixed dried Italian herbs
100g grated mozzarella and Cheddar cheese
Salt and freshly ground black pepper

