



## Tuna, Pasta and Broccoli Bake

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Preparation: 20 minutes    Cooking: 25 minutes    Serves 4

### **Ingredients: -**

225g/8oz - pasta twists

175g/6oz - broccoli pieces or florets

400g/14oz - can tuna fish in brine, drained

### **Cheese Sauce: -**

50g/2oz - sunflower margarine

50g/2oz - wholewheat flour

600ml/1 pint - skimmed milk

75g/3oz - low fat Cheddar type cheese

2.5ml/½ tsp - mustard powder

Black Pepper to season

### **Topping: -**

25g/1oz - fresh wholemeal bread crumbs

### **Method: -**

Cook pasta in boiling water for 5 minutes and then add bite-sized broccoli florets.

Return to the boil and cook for another 4-5 minutes until the pasta and broccoli are just tender, drain.

Flake the tuna fish over the bottom of an ovenproof dish.



To make the cheese sauce, put the margarine, flour and milk in a saucepan and heat gently until the margarine has melted.

Turn the heat up and stir continuously until the sauce boils and thickens.

Simmer for 2-3 minutes, then remove from the heat and stir in half of the cheese, mustard and season with pepper.

Arrange the pasta and broccoli over the tuna and cover with sauce.

Mix together the breadcrumbs with the remaining cheese and sprinkle over the top.

Bake in a preheated oven to 200°C/400°F/gas mark 6 for about 25 minutes, or until the top is golden and crisp.

Serve with lightly grilled tomatoes.

A packet of cheese sauce mix made up with skimmed milk, could be used to save time.