

Serves **2** Cheesy Tuna Pasta Bake

Ingredients

120g dried wholemeal pasta	1tsp olive/rapeseed oil
½ onion, chopped	1 garlic clove, chopped finely
400g tinned tomatoes	160g can Tuna in spring water
160g peas	1 x 198g tin salt free sweetcorn, drained (160g frozen)
1 tsp dried oregano	30g breadcrumbs (wholemeal)
20g cheddar cheese, grated	

Method

- 1 Heat the oven to 190°C/Fan 170°C.
- 2 Cook the pasta according to the packets instructions, when cooked, drain.
- 3 Warm 1 tsp oil in a large saucepan over a medium heat. Cook the onion until it softens. Add the garlic and cook for a further minute.
- 4 Add the tin chopped tomatoes, herbs and vegetables, season with pepper and stir thoroughly.

When the tomatoes start to simmer add the cooked pasta and drained tin of tuna and mix together and transfer to an ovenproof dish.

TIP: *If you don't like or haven't got one of the vegetables then swap it for another.*

- 5 Mix the cheese and breadcrumbs together and sprinkle over the pasta. Place in the oven for 10-15 minutes, or until the top is golden.
- 6 Serve with a side salad, or some green vegetable to make the dish balanced and to increase your 5 a day.

TIP: *You can make the pasta bake in advance and warm through when ready. Just make sure its steaming hot before serving!*