



Tuna and broccoli pasta



Ingredients

100



100g



rigatoni



40g cheese

100



100g



broccoli

100



100g



canned tuna



(in



water)



drained



25g



butter

or soft



spread



25g

plain



flour



250ml semi-skimmed milk



1x5ml

spoon



dried



oregano



50g



sweetcorn



(canned

or



frozen)



Black pepper



Method

1

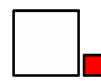


1. Bring a saucepan of water to the boil and then add the pasta.



Simmer for about 10 - 12 minutes.

2

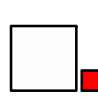
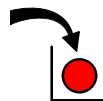


2. Grate the cheese and cut the broccoli into small pieces.

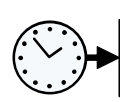
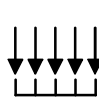
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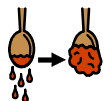
3. While the pasta is cooking, make the sauce:



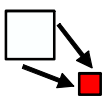
• Place the butter, flour and milk into a small saucepan;



• Bring the sauce to a simmer, whisking it all the time until it has



thickened;



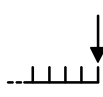
2

• Reduce the heat, stir in the oregano and allow to simmer for 2



minutes.

4 



2



4. During the last 2 minutes of the pasta boiling, add the



sweetcorn and broccoli to the saucepan.







5






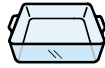

5. Preheat the grill.







6  the  hot water  away from the  and  into 

a  in the  sink.








7  the  pasta  and  into  the .

8  in the  canned tuna.

9  the  into  an  or .

10  the  over the  and  a  twists  of


black pepper.

11  under  a  grill  until  the  is  and


golden brown.