

Tuna & Sweetcorn Pasta Bake



Recipe By Jaxters

Ref: 771

Heading: Pasta

Cuisine: Italian

Food Type: Seafood

No of Portions: 4

Ingredients & Prep

250 g Dried Penne pasta

200 g Tinned Sweetcorn drained weight

200 g Tinned Tuna in oil drained weight

Sauce

300 ml Full fat milk

100 ml Double cream

100 g Gruyere or Cheddar cheese grated

100 g Cream cheese

15 g Flat leaf parsley chopped

50 g Butter unsalted

25 g Plain flour

1 Fish stock cube or gel pot

1/2 tsp Freshly ground black pepper

Suggestion & Tips

You can use fresh salmon if you wish.

Method

Step 1 - Pre-heat oven to 180°C fan.

Step 2 - Cook pasta as per instructions in slightly salted water.

Step 3 - Make the sauce, add butter & flour into a saucepan over a med heat & cook until it bubbles, then slowly add the milk using a whisk to mix in, when all in add cheese, cream, stock cube & pepper, bring to a slow boil & cook out for 1 minute, take off the heat & stir in the parsley.

Step 4 - Tip cooked pasta into a baking dish, then add flaked tuna & sweetcorn & gently mix altogether as not to break up tuna to much, then pour over the sauce including the edges, place in the oven for 20 mins or until the pasta tips brown.