



Cheesy Tuna Sweetcorn Pasta Bake

with Mature Cheddar Cheese

Kid Friendly 20-25 Minutes

27A

Find all your unchilled Market items in bag A.



Penne Pasta



Mature Cheddar Cheese



Sweetcorn



Creme Fraiche



Basil Flavoured Tuna

Pantry Items
Salt

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, grater, sieve, colander and ovenproof dish.

Ingredients

Ingredients	Quantity
Penne Pasta 13	180g
Mature Cheddar Cheese** 7	80g
Sweetcorn	160g
Creme Fraiche** 7	150g
Basil Flavoured Tuna 4	2 tins

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	355g	100g
Energy (kJ/kcal)	4016 /960	1131 /270
Fat (g)	52.3	14.7
Sat. Fat (g)	25.7	7.2
Carbohydrate (g)	76.5	21.6
Sugars (g)	8.9	2.5
Protein (g)	44.8	12.6
Salt (g)	1.90	0.54

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish 7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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2



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Boil the Pasta

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **penne**.
- When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins.

Get Mixing

- Meanwhile, grate the **cheese**.
- Drain the **sweetcorn** in a sieve.
- Once the **pasta** is cooked, drain in a colander and pop back in the pan. Add the **creme fraiche**, **sweetcorn**, **tuna** and **half the Cheddar**. Season with **salt** and **pepper**, then mix to combine.

Time to Bake

- Pop the **pasta** into an appropriately sized ovenproof dish and sprinkle over the remaining **cheese**.
- Place onto the top shelf of your oven and bake until the **cheese** is golden and bubbly, 8-10 mins. **TIP:** Put the dish onto a baking tray to catch any drips.
- Once baked, allow to cool for 5 mins before serving in bowls.

Enjoy!