

Tuna Pasta Bake

Ingredients:

600g Pasta of your choice

50g butter

50g plain flour

600ml milk

250g grated cheese

2x 160g cans tuna in spring water

330g can sweetcorn drained

Large handful of chopped parsley

Method:

1. Boil the pasta for 2 mins less than stated on the pack
2. To make the sauce melt the butter in a saucepan and stir in the flour
3. Cook for 1 min, then gradually stir in 600ml of milk to make a thick white sauce.
4. Remove from the heat and stir in all but a handful of the cheese
5. Drain the pasta and mix with the sauce, add the tuna, sweetcorn and parsley
6. Transfer to a baking dish top with cheese and bake for 15 to 20 mins

Please use Gluten free flour if you have allergies or thicken at the end with cornflour.