



## Quick Tuna Pasta Bake - Serves 4

### Ingredients:

- 425g any pasta shapes
- 1 large can tuna in water or brine, drained
- 1/2 red pepper, deseeded and diced
- 1 medium onion, peeled and chopped
- 2 tablespoon vegetable oil
- 1 medium can sweetcorn, drained
- 250g can Campbell's condensed cream of Chicken Soup
- 50g grated half fat cheddar cheese
- 225ml milk/water

### Method:

1. Half fill a large pan with water and bring to the boil.
2. Add pasta and cook for 10-12 minutes.
3. Meanwhile heat the oil in a pan and add the pepper and onion. Cook 4-5 minutes to soften.
4. Add the tuna, sweetcorn, soup, water and half of the cheese, and heat through.
5. Drain the pasta and mix with the sauce.
6. Turn into an oven proof dish, sprinkle with the remaining cheese and place under the grill until the cheese has melted and is bubbling.
7. Serve with salad and crusty bread.

### **Alternatives**

- For a different variation, try adding other vegetables such as courgettes or mushrooms instead of pepper and sweetcorn.
- You can use any kind of Campbells "cream of" soup such as cream of mushroom or cream of onion for a different flavour.

### **Did you know ?**

Pasta is made from flour, water, salt and sometimes egg, and is a good source of carbohydrate. Carbohydrates help fuel your body by providing energy.

Tuna is rich in vitamin D, which helps the body absorb calcium, and so is vital for healthy bones and teeth.

Tuna is most popular tinned fish in the UK and keeps high vitamin content when tinned, however, fresh tuna is a richer source of omega-3 fatty acids.

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