



Tuna and Broccoli Pasta

Ingredients

100g rigatoni
40g cheese
100g broccoli
100g canned tuna (in water) drained
25g soft margarine
25g plain flour
250ml semi-skimmed milk
1 x 5ml spoon dried oregano
50g sweetcorn (canned or frozen)
Black pepper



Equipment

Two saucepans, weighing scales, grater, chopping board, knife, measuring jug, whisk, measuring spoons, colander, wooden spoon, ovenproof dish or foil tray.



Method

1. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10 – 12 minutes, until *al dente*.



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



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

- place the butter or margarine, flour and milk into a small saucepan;
- bring the sauce to a simmer, whisking all the time until it has thickened;



- reduce the heat, stir in the oregano, and allow to simmer for 2 minutes;



4. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.



5. Preheat the grill.



6. Drain the boiling hot water away from the pasta and vegetables into a colander in the sink.



7. Pour the drained pasta and vegetables into the sauce.



8. Stir in the canned tuna.



10. Sprinkle the cheese over the top, and add a few twists of black pepper.



11. Place under a hot grill until the cheese is bubbling and golden brown.

