

HEINZ

RECIPE

Cheats' Tuna Pasta Bake

A quick, simple and tasty pasta bake the kids will love!



Serves:

4



Preparation Time:

10 minutes



Cooking Time:

15 minutes



Serve with fresh salad or garlic bread

Ingredients:

- 1 x 400g can **Heinz Cream of Tomato soup**
- 250g dry fusilli pasta
- 1 diced onion
- 1 diced red pepper
- 1 tbsp vegetable oil
- 1 x 400g can of chopped tomatoes
- 2 drained cans of tuna chunks in spring water
- 1 small drained can of sweetcorn
- A handful of chopped flat-leaf parsley
- 2 chopped garlic cloves and a few good dashes of Lea & Perrins Worcestershire sauce
- 60g grated reduced fat mature cheese

Method:

Cook 250g dry fusilli pasta according to pack instructions.

Fry 1 diced onion and 1 diced red pepper in 1 tbsp vegetable oil until lightly coloured.

Add 1 x 400g can **Heinz Cream of Tomato soup**, 1 x 400g can of chopped tomatoes, 2 drained cans of tuna chunks in spring water, 1 small drained can of sweetcorn, a handful of chopped flat-leaf parsley, 2 chopped garlic cloves and a few good dashes of Lea & Perrins Worcestershire sauce and leave to simmer for 5 minutes. Season well.

Toss the sauce with the pasta and place in an ovenproof dish. Sprinkle over 60g grated reduced fat mature cheese.

Place under a preheated grill until the cheese is melted and bubbling.

Tip: For a meatier version, grill 4 sausages, slice and add them instead of the tuna.