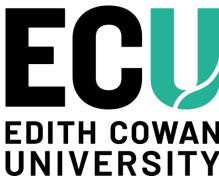


Cheesy Tuna and Vegetable Bake

Adapted from a traditional pasta bake, this dish is packed full of cheesy vegetables and tuna, a sure fire favourite with young children. A warming and filling lunch time meal on a cold winter's day.

Influence:

Italy



30 minutes



DIRECTIONS



Pasta, dry 100g (1 C) Pumpkin, peeled, chopped 75g (1/3 C) Cauliflower florets 100g (I C) Broccoli florets 185g (2 C) Peas, frozen 110g (2/3 C) Milk, evaporated 180ml (2/3 C) Tuna, canned, in water, drained 600g (2 x 425g can) Cheese, Cheddar, grated 120g (1 C) Pasta, dry 100g (1 C) Pumpkin, peeled, chopped 75g (1/3 C) Cauliflower florets 100g (I C) 1. Preheat oven to 180°C.

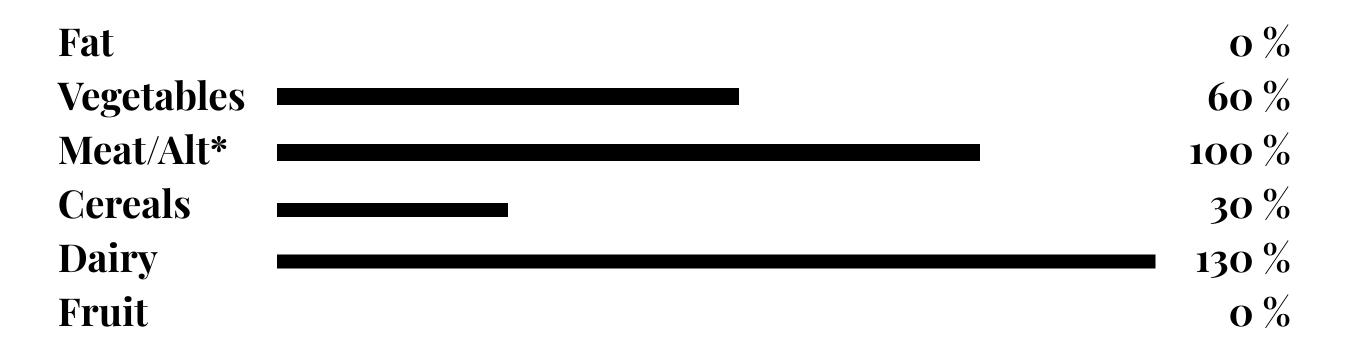
Serves 10 children

- 2. Boil pasta and two minutes before the pasta is ready; add pumpkin, cauliflower, broccoli and peas. Boil for a further 2 minutes.
- 3. Drain pasta and vegetables. Place in a large, oven-proof dish.
- 4. Stir evaporated milk through pasta and vegetables.
- 5. Drain tuna and stir through pasta mixture. Sprinkle grated cheese over the top.
- 6. Oven bake for 20 minutes until cheese is melted.

Allergy Information

Contains: gluten, wheat, cow's milk protein, fish. Some pasta may contain egg.

Childcare RDI Calculator:



* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sources from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services

