

# 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**



Serves 10 children



30 minutes

## INGREDIENTS

Pasta, dry 100g (1 C)

Pumpkin, peeled, chopped 75g (1/3 C)

Cauliflower florets 100g (1 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 (1 C)

## DIRECTIONS

1. Preheat oven to 180°C.
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.

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## Childcare RDI Calculator:

Fat		0 %
Vegetables	<div></div>	60 %
Meat/Alt*	<div></div>	100 %
Cereals	<div></div>	30 %
Dairy	<div></div>	130 %
Fruit		0 %

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

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