



DELICIOUS

TUNA AND SWEETCORN PASTA

Ken Fraser caught a bluefin tuna on October 26, 1979 weighing in at a whopping 1,496 pounds. This world record tuna has stood for almost 40 years and we may never see it broken!

INGREDIENTS

- 1 x tin of drained tuna
- 300g of pasta
- 1 x chopped onion
- 200g cheese
- 4tbsp mayonnaise
- 1 x tin of sweetcorn (198g)
- Salt & pepper to season
- Cooking oil

Cost per portion: 89p

ALLERGENS

- Wheat
- Eggs
- Fish
- Milk

EQUIPMENT

- Large saucepan
- Large frying pan
- Cheese grater
- Table spoon
- Knife
- Colander
- Chopping board



Serves: 4

STEP ONE: Prepare all your ingredients! Chop your onions, grate the cheese,

weigh your pasta and drain the tuna and sweetcorn.



STEP TWO: Boil your pasta! Fill a large pan with water and a pinch of salt and bring to the boil.

Once the water is boiling, add in your pasta and cook. (See pack for instructions for cooking the pasta!)



STEP THREE: Meanwhile, Fry your onions! Place your chopped onions in a frying pan with a drizzle of oil

on a medium heat for ten minutes (or until soft) and then turn off the heat.



STEP FOUR: Once the pasta is cooked, turn off the heat and drain your pasta into a colander in the sink.



STEP FIVE: Put your drained pasta back in the saucepan and add in your cooked onions, mayonnaise, drained tuna, grated cheese and drained sweetcorn and mix until the cheese has melted.



STEP SIX: Season to taste with salt and pepper and then serve up!

Vegetarian alternatives: replace tuna with extra cheese

Vegan alternatives: Use vegan mayo and vegan cheese as substitutes and remove tuna

