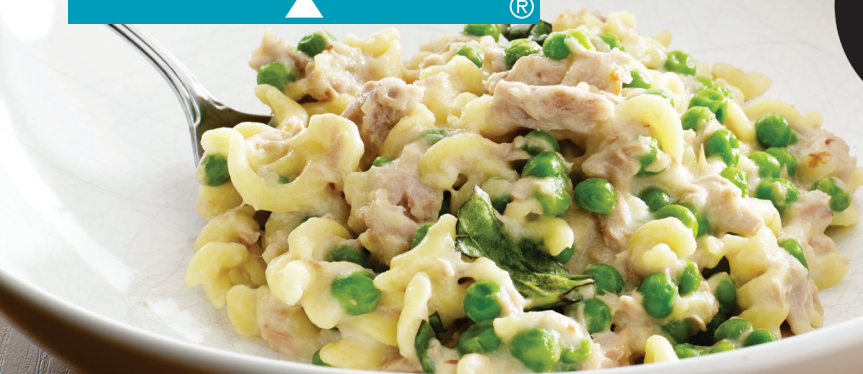


LIVELIGHTER



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CREAMY TUNA PASTA

Preparation time: 5 minutes

Cooking time: 15 minutes

Serves: 8

Ingredients

- ▲ 500 g packet spiral or bowtie pasta
- ▲ 2 tbs flour
- ▲ 3 cups milk (fresh, UHT or from powder)
- ▲ 400 g can tuna in spring water, drained
- ▲ 2 x 425 g can peas, drained
- ▲ 1 x 400 g can corn kernels, drained
- ▲ 2 cups cheese, grated (250 g)
- ▲ Pepper (optional)

Method

1. Bring a large pot of water to the boil, add pasta and cook for 10 minutes or until just soft
2. Drain the pasta and put it back in the same pot
3. Sprinkle the flour over the pasta and mix it in
4. Add the milk and heat till it boils
5. Reduce the heat and cook, stirring, until sauce thickens
6. Add the tuna, peas and corn and cook till hot
7. Add the cheese and cook until cheese has melted
8. Season with pepper and serve

Partner:



Government of **Western Australia**
Department of **Health**

