

Double Cheese Creamy Tuna Bake



Day 9

Serves: 4-6

Preparation time:

10 min

Cooking time:

30 min

Ingredients:

- 300g pasta of your choice
- 3 tablespoons (45 ml) margarine
- 1 onion, roughly chopped
- 1 green pepper, chopped
- ¼ cup (65ml) margarine
- 2 tablespoons (30ml) flour
- 1 ½ cups (375ml) milk
- 1 IMANA Garlic & Herb Super Stock Cube
- 2 x (170g) cans tuna
- 1 cup (250ml) frozen peas
- 1 IMANA Cheddar Cheese Sauce
- 250ml boiling water
- ½ cup (125ml) grated cheese

Method:

1. Cook pasta in rapidly boiling water until tender, drain but keep warm.
2. Melt margarine in a saucepan. Fry onion and green pepper until soft. Add flour and mix until well combined.
3. Remove from heat and slowly add the milk and IMANA Garlic & Herb Super Stock Cube, mixing all the time.
4. Return to the heat and allow to cook slowly, stirring occasionally, to ensure that no lumps form.
5. Add tuna and frozen peas, salt and pepper. Stir until heated through.
6. Mix the tuna sauce and pasta together then place in an ovenproof dish.
7. Prepare the IMANA Cheddar Cheese Sauce by adding 250ml of boiling water to the dry sauce. Stir until thick and smooth.
8. Pour over the Tuna bake and top with grated cheese and bake for 5 – 10 minutes at 180°C until cheese has melted and the bake has heated through.



This Recipe Uses