

Tuna and sweetcorn pasta bake

Ingredients

- 198g can sweetcorn
- 175g wholewheat pasta shells/twists
- 185g can of tuna in water
- 1 onion
- 115g mushrooms
- 1 clove garlic
- 1 can chopped tomatoes (400g)
- ½ tsp dried oregano/mixed herbs
- 3 tbsp half fat creme fraiche
- 75g reduced fat Cheddar cheese

Equipment

- Saucepan, chopping board, knife, grater, colander, frying pan, measuring spoons, spoon, baking dish.

Method

1. Pre-heat the oven to 190C or gas mark 5.
2. Cook the pasta for about 8-10 minutes until it is tender but still has a bit of bite, then drain and refresh under cold water.
3. While the pasta is cooking:
 - peel and chop the onion;
 - slice the mushrooms;
 - peel and chop garlic;
 - grate the cheese.
4. Stir fry the onion, mushrooms and garlic with some spray oil, for about 4-5 minutes until softened.
5. Stir in the tomatoes and oregano, bring to simmer and cook for 5 minutes.
6. Stir in creme fraiche.
7. Add the tuna and sweetcorn.
8. Stir in the pasta.
9. Put the mixture into an ovenproof dish and sprinkle over the cheese.
10. Bake for 15 minutes, until bubbling and golden.

Cooking healthier

We've swapped white pasta for brown, tuna in oil for that in water, and regular Cheddar to reduced fat Cheddar. We've also reduced the amount of oil by using a spray oil. By doing this it's saved 72 calories, 7g fat and 2g saturated fat, plus added 1.4g fibre per portion, compared to the standard recipe.

This recipe has provided by [Green Giant](#), and adapted by the British Nutrition Foundation for Healthy Eating Week.