



Savoury sauce

Ingredients - 25g butter or margarine, 25g plain flour, 250ml semi-skimmed milk, seasoning

Method - 1. Melt the butter or margarine in a saucepan. 2. Add the flour and stir into a paste. 3. Gradually add the milk, stirring constantly. The sauce will become thick. 4. Reduce the heat and allow to simmer for 2mins. 5. Add seasoning, if desired.

Tuna Pasta Bake

Ingredients

250g pasta shapes	1 x 200g can tuna (in brine or water), drained
1 x 150g sweetcorn	2 tomatoes, cut into chunks
Savoury sauce (above recipe)	75g Cheddar cheese, grated

Method

1. Preheat oven to gas mark 6. 2. Boil the pasta for 10mins until tender, and drain. 3. Add the pasta, tuna and vegetables to the sauce and stir the mixture together. 4. Pour the pasta mixture into a baking dish. 5. Sprinkle grated cheese over the top. 6. Using oven gloves, place in the oven for 20 mins, until golden brown.

Note: You may wish to add mixed herbs or some of the cheese to the sauce and/or garnish with additional tomato slices and chopped parsley.

Recipe taken from the flour and grain website.