

Cheesy Pasta Blast



Serves

8-10



TIP
Try using
tinned
salmon
instead
of tuna.



Ingredients

2¼ cups water
1¼ cups reduced fat milk
2 teaspoons salt-reduced
vegetable stock powder
½ pack (250g) macaroni
1 broccoli
1 carrot
1 cup mixed frozen
vegetables
100g reduced fat cheese
425g tin tuna in oil

250g reduced fat ricotta
1 teaspoon Dijon mustard
1 lemon
Pepper
1/3 cup grated parmesan
1/3 cup breadcrumbs

Equipment

Frypan and lid, measuring cups,
measuring spoons, large spoon,
chopping board, knife, grater,
can opener, strainer



How to make it



1. Measure water, milk, stock powder and macaroni into frypan. Turn frypan on to medium heat, stir gently then cover with lid. Cook for 5 minutes, stirring once.



2. Chop broccoli and carrot into small pieces. Add broccoli, carrot and frozen vegetables to frypan. Stir and put lid back on. Cook for another 5 minutes.



3. Grate cheese. Drain tinned tuna with a strainer.



4. Turn frypan to low heat. Add cheese, tuna, ricotta, mustard and pepper to frypan. Cut lemon in half and squeeze juice in to pan. Stir well.



5. Sprinkle parmesan and breadcrumbs over top of pasta. Put lid on frypan, cook until cheese is melted.



nom!