

Cheesy Pasta Blast

RECIPE SERVES
8-10

FOOD BANK
FIGHTING HUNGER
IN AUSTRALIA



Try using tinned salmon instead of tuna.

Ingredients

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|---|--------------------------|
| 2¼ cups water | 425g tin tuna in oil |
| 1¼ cups reduced fat milk | 250g reduced fat ricotta |
| 2 teaspoons salt-reduced vegetable stock powder | 1 teaspoon Dijon mustard |
| ½ pack (250g) macaroni | 1 lemon |
| 1 broccoli | Pepper |
| 1 carrot | ⅓ cup grated parmesan |
| 1 cup mixed frozen vegetables | ⅓ cup breadcrumbs |
| 100g reduced fat cheese | |



Equipment

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



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.