

# Tomato Tuna Pasta Bake

From Viv and Gary Greif

## You will need:

7 oz or 200g Dried Pasta shapes (gluten free if req.)  
Half tbsp of vegetable oil  
Half a red onion peeled and chopped  
1 red bell pepper de-seeded and chopped  
150g of canned tuna  
Pinch of salt and pepper  
2 or 3 shakes of garlic grains or if preferred 1 clove garlic peeled and minced  
1 tbsp tomato puree (gluten free if req.)  
Half tsp of dried oregano  
14 oz or 400g of tinned chopped tomatoes  
60 ml of double cream - for dairy free use coconut cream  
50g of grated cheddar cheese (we used Violife grated cheese which is dairy free)  
Some fresh small parsley or dried parsley

## Method:

1. Preheat the oven to 190c / 170c fan: Boil a large pan of water and cook the pasta for 1 min less than recommended on the pack. Drain.
2. Whilst the pasta is cooking heat the oil on a medium heat in a large frying pan. Add the onion and cook for 3-4 mins until the onion is softened.
3. Add the chopped peppers, tuna fish, salt, pepper, garlic, tomato puree and oregano. Stir and cook for 2-3 minutes.
4. Now add the tinned tomatoes and cream, bring to a gentle bubble, then add the pasta. Stir everything together then transfer to a large baking dish.
5. Top with the grated cheese and place in the oven for 20-25 minutes until the cheese is golden brown.
6. Take out of the oven and top with a sprinkling of parsley before serving.

Then get seated and enjoy!