Tuna broccoli bake

Ingredients

- 100g rigatoni
- 40g cheese
- 100g broccoli
- 100g canned tuna (in water) drained
- 25g soft margarine
- 25g plain flour
- 250ml semi-skimmed milk
- 1 x 5ml spoon dried oregano
- 50g sweetcorn drained (canned or frozen)
- Black pepper

Equipment

Two saucepans, weighing scales, grater, chopping board, knife, measuring jug, whisk, measuring spoons, colander, wooden spoon, ovenproof dish or foil tray.

Method

1. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10-12 minutes, until al dente.
2. Grate the cheese and cut the broccoli into small pieces.
3. While the pasta is cooking, make the sauce:
   4. Place the butter or margarine, flour and milk into a small saucepan; bring the sauce to a simmer, whisking it all the time until it has thickened; reduce the heat, stir in the oregano, and allow to simmer for 2 minutes.
4. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.
5. Preheat the grill.
6. Drain the boiling hot water away from the pasta and vegetables into a colander in the sink.
7. Pour the drained pasta and vegetables into the sauce.
8. Stir in the canned tuna.
9. Pour the mixture into an ovenproof dish or foil tray.
10. Sprinkle the cheese over the top, and add a few twists of black pepper.
11. Place under a hot grill until the cheese is bubbling and golden brown.