



DropChef Tomatoey Tuna Pasta Bake Delight

Pasta bakes are a great family favourite, bringing everyone together around a comforting meal, and while classics like mac & cheese or spaghetti & meatballs often steal the show let's not forget other dynamic duos like this wonderful tuna and sweetcorn dish.

In this dish we're using Shines Irish Tuna. Living and working in Killybegs, Ireland's premier fishing port for over 40 years, this multi-generational family-run company knows a few things about premium seafood and Irish fish. Irish Albacore Tuna is like no other so we know you will enjoy this dish as much as we do.

Ingredients

- Shine's Tuna
- Fresh parsley
- White onion
- Garlic clove
- Chopped Tomatoes
- Grated mature cheddar
- Sweetcorn
- Conchiglie pasta
- Panko Breadcrumbs

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 1125 kcal
Carbohydrates: 115 g
Protein: 76 g
Fat: 44 g

Allergens


[Wheat \(Breadcrumbs, Pasta\)](#)
[Milk \(Cheese\)](#)
[Fish \(Tuna\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Preheat the oven to 200°C and boil the kettle

2) Prepare the vegetables and drain the tuna

Peel and finely chop the onion. Peel and crush the garlic. Finely chop the parsley and split into two halves - one half for the sauce, and the other for the topping. Drain the sweetcorn. Drain the tuna from the oil and use your fingers to break it up into smaller pieces.

3) Cook the pasta

Cook the pasta in a pot of boiling water. Just before draining keep aside some of the pasta water in a cup. Cook for 10 minutes then drain. While the pasta is cooking...

4) Make the sauce

Place a non stick pan or pot on medium heat with a light drizzle of oil. Once hot, add the onion, and sautee for 3-4 minutes or until softened, then add the garlic, and cook for a further 1-2 minutes. Add the chopped tomatoes, tuna, parsley & sweetcorn. Allow to simmer for 5 minutes, then stir in a couple of tablespoons of the pasta water so you have a fairly loose sauce.

5) Make the pasta bake

Mix the pasta into the sauce and transfer to an oven proof dish. In a separate bowl, mix together the grated cheese, breadcrumbs, remaining parsley, and some salt and pepper. Sprinkle evenly over the pasta then place the pasta bake in the oven for 10-15 minutes or until the cheese is melted and going golden.



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | **#DropChef**