

# Cheesy vegetable & tuna gratin pasta bake



## Cheesy vegetable & tuna gratin pasta bake

**Preparation:** about 20 minutes

**Cooking:** about 30 minutes

**Serves:** 6

Spray oil, for greasing

350g dried macaroni pasta

2 carrots, peeled, halved lengthways and thinly sliced

2 celery sticks, diced

300g broccoli, cut into small florets

300g fresh ricotta, crumbled

½ cup milk

2 cups reduced fat grated cheddar cheese

Salt and ground black pepper

400g can tuna in oil, drained and roughly flaked

4 slices whole grain bread, roughly torn into

½ cm pieces

2 tbs olive oil

1. Preheat oven to 200°C/180°C fan-forced.

Grease 6 x 1-cup heatproof dishes or ramekins with oil spray.

2. Bring a large saucepan of water to the boil over medium-high heat. Add macaroni and cook for 6 minutes. Add vegetables and cook for a further 3-4 minutes until pasta is tender. Drain vegetables and pasta and return to the pan. Add ricotta, milk and cheese. Season with salt and pepper to taste. Cook, stirring occasionally, over low heat for 5 minutes or until cheese begins to melt. Toss through tuna. Spoon mixture into prepared dishes.

3. Combine bread and oil in a bowl. Toss bread to coat in oil. Evenly arrange bread on top of pasta. Bake for 15 minutes until golden and crunchy and serve.



### Broccoli

- Top of the class for lots of nutrients, including iron (good for red blood cells), potassium (helps balance the sodium from salty foods) and vitamins, including vitamin C. The body needs this vitamin for healthy gums and cartilage throughout the body.

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