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# Tuna Pasta Bake

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Tuna Pasta Bake is the ultimate budget friendly weeknight dinner. Creamy, cheesy, packed with veggies (and let me show you how to do that super cheap!), this recipe is designed for busy families, and fussy kids. For a filling family dinner, you can look past this one. Dinner on the table, in under 1 hour with this delicious Tuna Pasta Casserole!

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## Easy Weeknight Dinners



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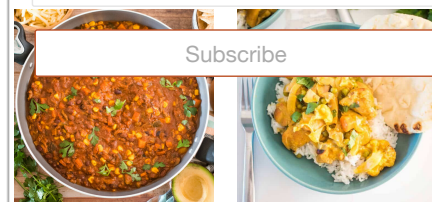
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## Why you're going to love this recipe

This Tuna Pasta Bake is such a classic dinner, and do you know why? It's the ultimate budget-friendly family meal!

- cheap ingredients
- easy to make
- make your own sauce (cheaper than a jar and tastes better!)

- prep up till baking and then refrigerate until the evening and bake just in time for dinner
- full of veggies
- cheesy top (I mean, hold me back!)
- filling
- makes 6 serves
- great the next day for lunch

## What goes into the recipe



- **Tuna**- grab the big tin!
- **pasta**- rigatoni works well, or penne
- **milk**- full fat
- **butter**- salted is good!
- **plain flour**- this is for making a roux and so important!
- **veggies**- peas, corn, carrots and zucchini. Want to make this cheaper? Buy a frozen veggie medley and use that
- **cheese**- I use a cheddar
- **parsley**

## How to make this recipe

- First cook the pasta, but for 2 minutes less than the pack suggests.
- chop the veggies and parsley
- heat a sauce pan over medium heat and melt the butter
- add the flour and stir quickly to make a roux





- add a small amount of milk and stir until it comes together, continue until all the milk is gone
- Add  $\frac{2}{3}$  of the cheese and stir well
- Add the veggies, parsley, tuna and cheese sauce to the cooked pasta and mix well. Top with the extra cheese.
- Bake in the oven for 15 minutes with the lid on and 15 minutes without it.



## Expert Tips and FAQs

The first thing we need to talk about is budget meals! To make this meal cheaper you can:

- use frozen veggies instead of fresh, a vegetable medley will work well

- buy a block of cheese instead of grated
- use UHT milk instead of fresh
- buy no-name pasta! It doesn't matter for this dish

[How can I store this tuna pasta bake?](#)



[What pasta do you suggest using?](#)



[Can I swap the veggies?](#)



[Can I freeze tuna pasta bake?](#)



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@kidgredients on instagram- it really makes my day to see what you've been  
making!

## Tuna Pasta Bake Recipe

Quick and easy to make, this classic Tuna Pasta Bake is the perfect  
midweek meal the whole family will love. Budget friendly and filled  
with veggies!



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Course: Budget friendly dinners, dinner, pasta

Cuisine: Modern Australian    Prep Time: 10 minutes

Cook Time: 30 minutes    Servings: 6 people    Calories: 802kcal

Author: [Kylie](#)



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### Ingredients

- ☐ 425 grams tuna
- ☐ 500 grams rigatoni
- ☐ 70 grams butter
- ☐ 70 grams plain flour
- ☐ 700 mls milk
- ☐ 2 carrots
- ☐ 1 zucchini
- ☐ 1 cup frozen peas

- ☐ 1 cup frozen corn
- ☐ 10 grams chopped parsley
- ☐ 250 grams cheddar cheese grated

### Instructions

1. Preheat the oven to 180 degrees celsius fanforced. (355F)
2. Cook the pasta for 2 minutes less than the packet suggested cook time.
3. Add the butter to a large sauce pan over medium heat.
4. When it is melted, add the flour and stir quickly to form a roux.
5. Slowly start adding the milk and stir it all in before adding any more. Continue until all the milk is mixed in.
6. Add  $\frac{2}{3}$  of the cheese to the pot and melt through.
7. Add the cheese sauce, veggies, parsley and tuna to the cooked and drained pasta.
8. Stir well. Top with the remaining cheese.
9. Bake for 15 minutes with a lid on and then 15 without the lid.
10. serve Hot.

### Recipe video



### Nutritional Information

Calories: 802kcal | Carbohydrates: 91g | Protein: 42g | Fat: 30g | Saturated Fat: 17g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 7g | Trans Fat: 0.4g | Cholesterol: 107mg | Sodium: 574mg | Potassium: 838mg | Fiber: 6g | Sugar: 11g | Vitamin A: 4733IU | Vitamin C: 21mg | Calcium: 499mg | Iron: 4mg



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**Kylie** says

June 13, 2023 at 3:12 pm

Is the carrot and zucchini grated or diced? When are the veggies cooked?

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**Kylie** says

August 17, 2023 at 3:34 pm

They are diced, as per the images. The only need the baking time- they cook in the bake in the oven.

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