**Tuna Melt Pasta Bake**



**Ingredients**

600g rigatoni, penne, macaroni - any tubular pasta will do...

75g butter

75g plain flour

800ml-1l milk

2 x 200g strong cheddar, grated

2 x 160g cans tuna steak in spring water, drained; Veggie option - 2x240g cans artichoke hearts

330g can sweetcorn, drained (optional)

handful chopped parsley

large bunch fresh basil

large bunch chives

1-2 bags of rocket/lambs lettuce/mixed leaves

small pack of radishes

olive oil + balsamic vinegar

**Method**

**STEP 1** - Heat oven to 180C/fan 160C/gas 4.

**STEP 2** - Boil 600g pasta for 2 mins less time than stated on the pack

**STEP 3** - To make the sauce, melt 75g butter in a [saucepan](https://www.bbcgoodfood.com/content/five-best-saucepans) and stir in 75g plain flour.

**STEP 4** - Cook for 1 min, then gradually stir in 800ml milk bit by bit to make a thick white sauce.

**STEP 5** - Remove from the heat and stir in one portion of 200g grated cheddar.

**STEP 6** - [Drain](https://www.bbcgoodfood.com/content/test-five-best-colanders) the pasta, mix with the white sauce, two 160g drained cans tuna or artichokes + handful of chopped parsley, then season (add your one 330g drained can sweetcorn if using)

**STEP 7** - Transfer to a [baking dish](https://www.bbcgoodfood.com/review/test-best-casserole-dishes) and top with the other portion of [grated](https://www.bbcgoodfood.com/content/top-graters) cheddar (can also add breadcrumbs/crushed crackers here to give a bit of crunch)

**STEP 8** - Bake for 15-20 mins until the cheese on top is golden and starting to brown.

**Salad**

**STEP 1 -** Chop up the basil roughly, the dill finely

**STEP 2** - Chop the radishes finely into wafer thin strips using a sharp knife - BE CAREFUL!

**STEP 3** - Rinse the lettuce leaves, shaking water off well (use a salad spinner if you've got one..)

**STEP 4** - Mix all together in 1 big bowl

**STEP 5** - Put 4/5 oil; 1/5 vinegar into a small cup, mix vigorously

**STEP 6** - Final toss of the salad, adding dressing