



**COVER RECIPE**

**Creamy tuna & broccoli pasta bake**

Serves 4 Cost per serve \$3.24

Hands-on time 30 min

Cooking time 5 min

✓diabetes-friendly

- 200g dried penne pasta
- 500g (6 cups) broccoli florets
- cooking oil spray
- 2 tablespoons reduced-fat table spread
- ¼ cup plain flour
- 1 garlic clove, crushed
- pinch dried chilli flakes
- 2 cups skim milk
- 185g can tuna in springwater, drained, flaked
- 2 tablespoons 97% fat-free sun-dried tomato strips
- ½ cup grated reduced-fat mozzarella cheese
- ¼ cup fresh basil leaves
- 4 cups baby rocket leaves
- low-fat balsamic dressing

**1** Cook pasta in a medium saucepan of boiling water, following packet directions, until tender. Add broccoli to pan in the last 3-4 minutes of cooking. Drain. Preheat grill to high. Spray a 6 cup-capacity ovenproof

baking dish with oil.

**2** Meanwhile, melt table spread in a large saucepan over medium heat. Add flour, garlic and chilli and then stir until mixture thickens and bubbles.

**3** Remove from heat and gradually whisk in milk. Return to heat and cook, stirring, for 5 minutes, or until thickened. Remove from heat.

**4** Add tuna and tomatoes to saucepan, then stir in pasta and broccoli. Spoon mixture into prepared baking dish and sprinkle with cheese. Grill for 4-5 minutes, or until cheese has browned and melted. Top with fresh basil leaves and then serve with rocket and a little balsamic dressing. [hfg](#)

LOW kJ   HIGH PROTEIN   LOW FAT   HIGH FIBRE   LOW SODIUM

HIGH CALCIUM   2½ VEGIES

| PER SERVE (incl 1 cup rocket) |               |
|-------------------------------|---------------|
| 1695kJ/405cal                 | Sugars 8.0g   |
| Protein 31.1g                 | Fibre 7.6g    |
| Total Fat 9.9g                | Sodium 264mg  |
| Sat Fat 3.3g                  | Calcium 400mg |
| Carbs 48.8g                   | Iron 3.0mg    |