

DINNERLY



Tuna Mac and Cheese with Peas



30-40 minutes



2 Servings

Put this big, creamy bowl of tuna bake in front of the family – made with a generous hit of light sour cream, smoked cheddar and macaroni – and watch it disappear in the blink of an eye!

WHAT WE SEND

- light sour cream ⁷
- small shell pasta ¹
- tuna ⁴
- peas
- corn
- smoked English cheddar cheese ⁷

WHAT YOU NEED

- milk ⁷
- olive oil
- sea salt and pepper

TOOLS

- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Fish (4), Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 915kcal, Fat 38.2g, Carbs 86.9g, Proteins 52.8g



1. Cook macaroni

Preheat the oven to 220C. Bring a large saucepan of salted water to the boil for the macaroni. Lightly grease a 1L (4 cup) ovenproof baking dish. Coarsely grate the **cheese**. Par-cook the **macaroni** in the pan of boiling water for 4 mins. Drain, then rinse under cold running water. Set aside.



2. Prepare ingredients

While the macaroni is cooking, drain the **tuna**. Drain and rinse the **corn** and **peas**. Put **half the cheese, half the sour cream** and **160ml (2/3 cup) milk or water** in a large bowl and stir to combine (reserve remaining sour cream for another use).



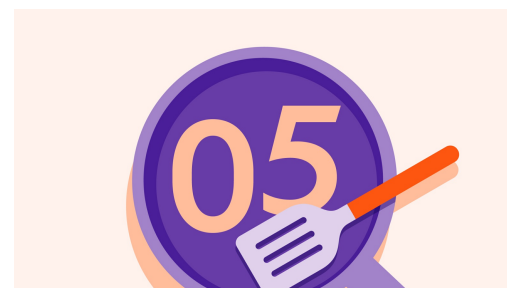
3. Combine sauce

Add the **macaroni, corn** and **peas** to the sour cream mixture, then coarsely flake in the **tuna**. Season well with **salt and pepper** and stir to combine.



4. Bake

Spoon the **macaroni mixture** into the greased dish and scatter over the **remaining cheese**. Bake on the highest oven shelf for 15 mins or until golden.



5. Get ready to serve

Remove from the oven and stand for 5 mins, then serve directly from the dish.



6. Kitchen hack

A simple salad of mixed salad leaves makes a delicious side to this creamy mac and cheese. Make a quick vinaigrette with 2 parts extra virgin olive oil and 1 part vinegar or lemon juice and season with salt and pepper.