

# DINNERLY



## Tuna Mac and Cheese with Peas



30-40 minutes



4 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

- small shell pasta <sup>1</sup>
- corn kernels
- green peas
- English-smoked cheese <sup>7</sup>
- sour lite cream <sup>7</sup>
- tuna <sup>4</sup>

## WHAT YOU NEED

- milk <sup>7</sup>
- sea salt and pepper
- spray oil

## TOOLS

- large saucepan

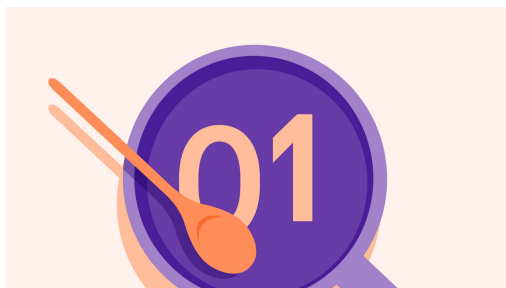
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

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

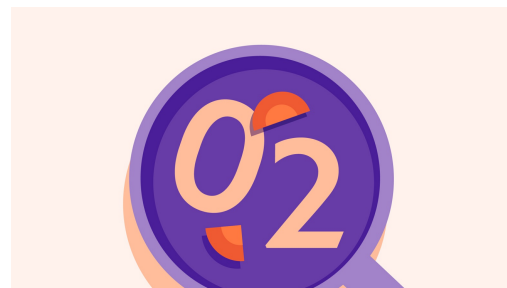
## NUTRITION PER SERVING

Energy 895kcal, Fat 36.5g, Carbs 86.5g, Proteins 52.7g



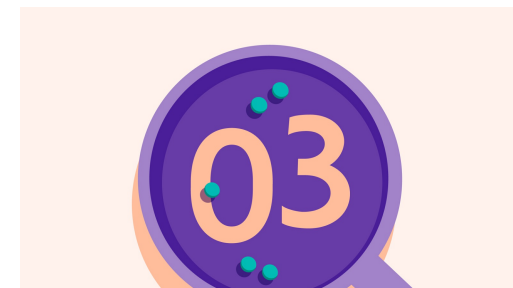
### 1. Cook macaroni

Preheat the oven to 220C. Bring a large saucepan of salted water to the boil for the macaroni. Lightly grease a 2L (8 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**, the **sour cream** and **310ml (1¼ cups) milk or water** in a large bowl and stir to combine.



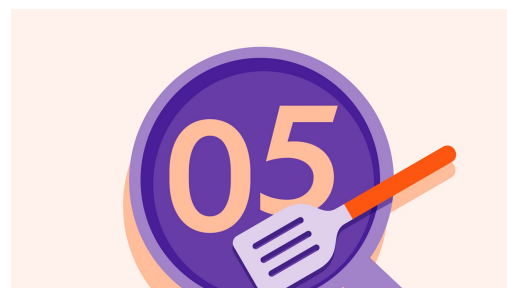
### 3. Combine sauce

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.