

	<h2>Easy Read Recipe On How To Make Slimming World Tuna Pasta Bake</h2>
	<p>What you will need to make the Tuna Pasta Bake</p>
	<ul style="list-style-type: none"> • 350g dried fusilli pasta • 1 leek
	<ul style="list-style-type: none"> • 100g frozen spinach • 100g frozen sweetcorn
	<ul style="list-style-type: none"> • 250g tub of plain quark • 175g fat free natural fromage frais
	<ul style="list-style-type: none"> • 400g canned tuna chunks in spring water • 75g reduced fat cheddar cheese grated



Method



Preheat the grill on high temperature



Bring a pan of salted water to the boil, add the pasta in and cook for 8 minutes.



After 4 minutes add the frozen spinach, frozen sweetcorn and leek into the pan with the pasta and cook for the remaining time.



Drain the pasta and vegetables then tip it back into the pan.







Next add the quark, fromage frais, tuna and half of the cheese into the pan with the pasta and mix.



Add salt and pepper to season the pasta.



	<p>Spoon the pasta into a large ovenproof dish.</p>
	<p>Sprinkle the remaining cheese and place on a baking tray.</p>
	<p>Grill the pasta bake for 10 minutes, until the cheese has melted and browning.</p>
	<p>When the pasta bake is ready serve with salad or veggies.</p>