

Tuna, pumpkin and broccoli pasta bake

SERVES



4 people

COOKING TIME



1 hour 5 minutes

Vegetables: 2 ½
Dairy: 1 ¼
Lean meat/alternatives: 1
Grains: 2 ½



Food group servings per portion

Ingredients:

- 250g dried spiral pasta
- 3 ¼ cups water
- 400g butternut pumpkin cut to 2cm cubes
- ½ brown onion, grated
- 2 cups broccoli florets, chopped
- 200g can creamed corn
- 250g smooth ricotta cheese
- 1 teaspoon ground chilli
- 2 tablespoon fresh basil, chopped
- 400g can corn kernels, drained
- 425g tinned tuna in oil, drained and flaked
- ½ cup grated parmesan cheese
- ¼ cup breadcrumbs



Method:

1. Preheat oven to 180 degrees Celsius. Place pasta in the **Decor Microsafe® Pasta Cooker** and cover with 3 cups of water. Cook with the lid off according to the **Pasta Cooker** instructions for about 17 minutes, or until cooked to your liking. Replace **Pasta Cooker** lid and drain the pasta, set aside.
2. Place the pumpkin, onion, broccoli and ¼ cup of water in the **Decor Microsafe® Rice Cooker & Vegetable Steamer** and cook in the microwave with lid on and steam release lid vent button open for about 5 minutes, or until al dente then drain away excess water and allow contents to cool.
3. Add the creamed corn, ricotta cheese, chilli, basil, corn and tuna to the **Rice Cooker** and combine well with the steamed vegetables.
4. Add the cooked pasta to the mixture and combine well.

Cooking times may vary depending on microwave wattage.

Products used:



Microsafe®
Pasta Cooker



Microsafe® Rice Cooker &
Vegetable Steamer



3L Thermoglass™

5. Pour mixture into a **3L Décor Thermoglass®** dish and top with the parmesan cheese and breadcrumbs. Bake uncovered in the oven for 35 minutes or until cheese is crisp and golden.
6. Divide the pasta into 4 bowls, serve hot.

Tips:

To store leftovers in fridge or freezer, apply the Thermoglass® lid for a leak-proof and airtight seal. To reheat leftovers later in the microwave pop open the lid steam release vent button and microwave reheat.

Try wholemeal pasta for extra goodness



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