

Ingredients

Serves: 50

- Spiral pasta x 2kg
- Extra Virgin Olive Oil x 2 tbsp
- Spring onions x 3 bunches
- Garlic cloves x 10
- Tomato paste x ½ cup
- Tin evaporated milk (375mL) x 8
- Cornflour x ½ cup
- Mixed frozen vegetables x 2.5kg
- Tin corn (400g) x 3
- Tin tuna (425g) x 6
- Breadcrumbs 500g
- Grated parmesan cheese x 125g
- Chives x ½ cup

Method:

1. Preheat oven to 180C.
2. Cook the pasta according to packet instructions.
3. Thinly slice shallots and crush garlic. Heat oil in large pan and cook shallots on a medium heat for 2-3 minutes until soft. Add garlic and cook for a further minute.
4. Blend together 1 tin of the evaporated milk with the cornflour in a small bowl. Add the remaining evaporated milk to the shallots and heat through. Add the cornflour mixture and stir for 5 minutes until the sauce boils and thickens.
5. Add the vegetables, tuna, and tomato paste and bring back to a simmer. Stir through pasta and chopped chives.
6. Spoon into baking dish and sprinkle with breadcrumbs and parmesan cheese.
7. Bake in the oven for 15 minutes or until golden.

Food Group	Serves provided per portion
Vegetables	1
Lean meats and legumes	0.5
Grain foods	1.15
Milk, yoghurt and cheese	0.55