

## High Protein Tuna Bake

This tuna bake is easy to make, very budget friendly and perfect for batch cooking. It's also high in protein, contains some sneaky vegetables, and is very customisable. Chickpea pasta is used here as it's high in protein. This pasta is usually available in all major supermarkets - check the 'healthy' or 'gluten free' aisles. If unavailable, substitute with another variety of pasta, but note that the nutritional information for the recipe will change.

🕒 Preparation 10 minutes ⌚ Total 30 minutes 🍽️ 4 portions

### Ingredients

or	or
100 grams of chickpea pasta	1 clove of garlic, minced
or	or
2 cans tuna in spring water (200 grams drained weight)	1 tablespoon of mixed Italian herbs
or	or
160 grams of sweetcorn, drained	30 grams of cheddar cheese, grated
or	or
1/2 broccoli head, separated into florets	salt
or	or
70 grams of mushrooms	pepper

### Cooking method

- 1  
Cook the pasta according to packet instructions, drain and set aside. Heat oven to 200°C (Gas Mark 6).
- 2  
Place the drained tuna into a large bowl, add the sweetcorn, broccoli, mushrooms, garlic and herbs, and mix well.
- 3  
Next add in the cooked pasta, season to taste with salt and pepper, and gently mix until well combined.
- 4  
Place the mixture in an ovenproof dish, and top with the grated cheese.
- 5  
Bake in the preheated oven for 15-20 minutes until the cheese is melted and has turned golden.