

# TUNA BAKE

*by Tim Bone*

SERVES 8

## INGREDIENTS

### FOR THE BECHAMEL

3 CUPS OF MILK  
50G BUTTER  
2 HEAPED TBSP PLAIN FLOUR  
2 WHOLE GARLIC GLOVES, SMASHED  
6 WHOLE PEPPERCORNS  
2 SPRIGS OF PARSLEY  
2 SPRIGS OF DILL  
3 BAY LEAVES  
PINCH OF NUTMEG  
1 TBS WHOLEGRAIN MUSTARD  
PINCH OF SALT AND PEPPER

### FOR THE BAKE

1 TSP OLIVE OIL  
1 BROWN ONION, DICED  
3 CLOVES OF GARLIC, FINELY CHOPPED  
440G TINNED PINEAPPLE PIECES, DRAINED  
425G TINNED TUNA IN SPRING WATER, DRAINED  
100G BABY SPINACH  
500G SPIRAL PASTA  
2 CUPS OF GRATED CHEDDAR CHEESE  
1/2 CUP GRATED PARMESAN  
100G CRUMBLED MEREDITH DAIRY GOATS CHEESE  
ZEST AND JUICE OF 1 LEMON  
1/4 CUP CHOPPED PARSLEY  
1/4 CUP CHOPPED DILL  
SALT AND PEPPER

## METHOD

1. PREHEAT OVEN TO 200 DEGREES CELSIUS
2. COOK PASTA AS PER PACKET INSTRUCTIONS. WHEN COOKED, DRAIN AND PUT BACK INTO POT.
3. FOR THE BECHAMEL, ADD MILK TO A SAUCEPAN. ADD THE GARLIC, PEPPERCORNS, PARSLEY, DILL, BAY LEAVES AND NUTMEG. BRING TO JUST BEFORE BOILING OVER LOW HEAT. TURN OFF THE HEAT AND LET INFUSE FOR 10 MINS. STRAIN MILK THROUGH A SIEVE INTO A JUG
4. IN ANOTHER SAUCEPAN, MELT THE BUTTER UNTIL FOAMING OVER MEDIUM HEAT. ADD THE FLOUR AND STIR WITH A WOODEN SPOON FOR 1 MINUTE. TURN OFF THE HEAT AND SLOWLY ADD THE INFUSED MILK IN STAGES, STIRRING WELL TO AVOID LUMPS. ONCE ALL MILK HAS BEEN ADDED, HEAT OVER LOW HEAT UNTIL THICK AND GLOSSY. REMOVE FROM THE HEAT, STIR IN WHOLEGRAIN MUSTARD AND SEASON TO TASTE. ADD THE BECHAMEL TO THE PASTA
5. FRY THE ONION AND GARLIC IN THE OLIVE OIL IN A PAN FOR A FEW MINUTES UNTIL JUST STARTING TO COLOUR. ADD THIS MIX TO THE PASTA
6. TO THE PASTA MIX, ADD THE PINEAPPLE, SPINACH, TUNA, LEMON ZEST AND JUICE, CHOPPED PARSLEY AND DILL. ADD SALT AND PEPPER TO TASTE. STIR UNTIL COMBINED
7. SPOON COMBINED MIX INTO LARGE BAKING DISH. TOP WITH CHEDDAR, PARMESAN AND GOAT'S CHEESE. BAKE IN OVEN FOR 25-30 MINS OR UNTIL CHEESE IS GOLDEN