



**New activities
for you to try this
school holiday!**
Remember to ask a
responsible adult for
permission before
starting the activity.

Tuna & Bean Pasta Bake

Ingredients:

- 300g pasta shapes
- 420g tin of baked beans, mashed or blended
- 2 x 120g tins tuna steak in spring water, drained and flaked
- 325g tin sweetcorn in water, drained
- 420g tin Italian chopped tomatoes
- 14g fresh flat-leaf parsley, leaves picked, washed and chopped
- 100g mature cheddar, grated

The Family Baked Bean Project is back, and you're invited to attend (for FREE!!)

All these fun 'demos' are LIVE online...

Cheesy Bean & Mushroom Pancakes

Tue 11th, Wed 12th, Thur 13th, 2.30-3.00

Chilli Bean Con Carne

Tue 18th, Wed 19th, Thur 20th, 2.30-3.00

Tuna & Bean Pasta Bake

Tue 25th, Wed 26th, Thur 27th, 2.30-3.00

To book your seat for this LIVE demo contact:

Natalie - NBuck@worcestershire.gov.uk - 01905 728537

Find out more about exciting online projects at:

www.worcestershire.gov.uk/courses

Takeaway@Home

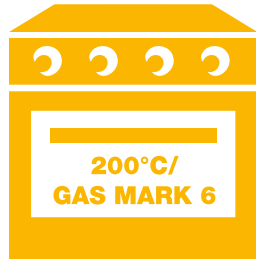
Watch LIVE demos on making your favourite takeaways - without using your phone and at half the price or less.

Curry & Balti, Sweet & Sour Chicken, Fish & Chips, Pizza and Burgers

www.worcestershire.gov.uk/readysteadyworcs



Method:



1. Preheat the oven to 200°C/gas mark 6.

3. Tip your baked beans into a bowl or jug and mash or blend to a smooth consistency.

2. Bring a large pan of water to the boil, then add the pasta and cook for 6 minutes.



4. Drain the pasta and tip it back into the pan, stir through the blended bean sauce, tuna, sweetcorn, chopped tomatoes and half the chopped parsley.

5. Tip the mixture into a 1½-litre baking dish and sprinkle the cheese over the top.

6. Cook for 30 minutes until golden and bubbling.

7. Garnish with the remaining parsley just before serving.

Share your photos @worcschildren
#readysteadyworcs

