

Fresh for Kids®

# Corn, cherry tomato & tuna pasta bakes



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**Preparation:** about 15 minutes

**Cooking:** about 30 minutes

**Makes:** 6 small pots

200g dried mini penne rigate pasta  
2 sweet corn cobs, husks removed  
125g cherry tomatoes, quartered  
1 celery stick, finely sliced  
180g tuna in oil, drained and flaked  
1 cup light thickened cream  
1½ cups fat reduced shredded cheese  
Salt and ground black pepper

1. Preheat oven to 180°C. Cook pasta in a saucepan of boiling water, following packet directions, until al dente.
2. Meanwhile, wash corn and wrap each cob in plastic wrap. Place on microwave turntable and microwave on high for 3 minutes. Leave to cool for 2 minutes. Unwrap corn, place cobs upright on a board and slice close to cob to remove corn kernels. Place kernels in a large bowl.
3. Drain pasta and add to corn. Add tomatoes, celery, tuna, cream and 1 cup grated cheese. Season with salt and pepper. Toss to combine. Spoon mixture into 6 x 1½ cup ovenproof dishes. Sprinkle with remaining cheese. Bake for 15–20 minutes or until cheese melts.

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## Sweetcorn

- A good source of dietary fibre which keeps the intestine functioning well
- Provides niacin (vitamin B3), essential for the release of energy from proteins, fats and carbohydrates
- A source of the antioxidant vitamins C and E and also some other antioxidants
- Low GI as its carbohydrate is digested slowly.

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