

Pasta with Tuna in White Sauce

(白汁吞拿魚意粉)

Ingredients:

Tuna	1 can
Onion	1/4
Pasta	100g
Cheddar cheese	25g

White sauce:

Butter	25g
Plain flour	25g
Milk	250 ml

Seasoning for pasta:

Salt	a pinch
Mixed herbs	1/2 tsp

Seasoning for sauce:

Salt and pepper	
Chicken power	1/2 tsp

Method:

1. Flake and mash tuna on a plate.
2. Grease an oven-ware dish.
3. Half fill saucepan with water and bring to boil; add 1/2 tsp oil and pasta, stir well and simmer for 15 minutes. Drain pasta and toss well with salt and mixed herbs. Put pasta on the greased oven-ware dish.
4. Grate cheese and chop onion.
5. Melt butter in a saucepan and sauté onion.
6. Remove from heat, stir in flour and beat well.
7. Stir in milk gradually and beat until the sauce is smooth.
8. Return to heat and bring the sauce to boil over low heat. Keep stirring. When boils, cook for 1 minute.
9. Stir in tuna and seasoning.
10. Pour mixture over pasta, sprinkle grated cheese on top and grill until golden brown.