

Colman's Tuna Pasta Bake for One

BOIL (don't simmer) 5 oz of pasta for five minutes and then drain.

Measure-out 7 fl oz of milk. Put a small amount into a pan and add half the sachet of powder. Mix until smooth, like making cocoa, before stirring in the rest of the milk. Bring this to the boil while still stirring.

Add a drained 4 oz tin of Tuna Flakes in Brine and the pasta, reduce the heat and cook for one minute stirring throughout.

Transfer to heat-proof dish. Grate cheese on top (the more the better!) and sprinkle with pepper, if you like it.

Put under high grill until cheese bubbles or (and this produces an infinitely better result) in the oven at Gas 7/220 °C for twenty minutes.

Enjoy.