

Creamy Tomato Fish and Pasta Bake



MADE WITH



Serves:

20 Primary school children

14 Secondary school children

10 Adults

Ingredients

800g white fish, eg. cod, coley or hoki

800g pasta

1kg cauliflower

800g Dolmio® Creamy Tomato & Pesto Sauce

400g water

Method

- 1 Boil and drain the pasta.
- 2 Cook the cauliflower.
- 3 Cut the fish into pieces and cook in a pan.
- 4 Mix the fish, pasta, cauliflower and sauce together.
- 5 Bake in a preheated oven to 200°C/400°F/Gas Mark 6 for 20 minutes.

Cooking times and temperatures

Bake for 20 minutes in a preheated oven 200°C/400°F/Gas Mark 6.

Hints and tips

Other fish could be used – it also works with finely shredded white cabbage and a mixture of other vegetables.