

1. Cook pasta and drain.
2. Put margarine and onion in a bowl and cook on FULL POWER for 2mins, add mushrooms and cook for further 3mins.
3. Stir in flour, gradually add milk and stir well. Cook on FULL POWER for 3mins, stir well and add peas and cook for further 3 mins. (sauce should be thick).
4. Add mustard, tuna, pasta and most of the cheese, keeping a little for the top. Stir well together.
5. Transfer to serving dish, sprinkle with cheese and cook on FULL POWER for 4mins. Serve with a green salad.

175gm pasta/ macaroni
40gm margarine
1 small onion, finely chopped
40gm flour
600ml milk/soya
1tsp wholegrain mustard
150gm grated mature cheese
3-4 Mushrooms, chopped
100gm of frozen peas/sweetcorn
1tin of tuna drained

'What's Cooking!'* Recipe Card*MAIN COURSE****FOOD FACT****Preparation time 4mins****Cooking time 15mins**

Serves 4