Tuna, Pea and Noodle Crunch Bake

One 9×13 in (23×33 cm) dish, at least 3.5 qt/3.3 L; 6 main-dish portions · Active 30 min · Total 1 hr 20 min

Ingredients

- 8 oz dried broad egg noodles (225 g)
- 12 cups water (2.8 L), for noodles
- 2 tablespoons butter (30 g)
- 1 small onion, finely chopped (120 g)
- 8 oz mushrooms, sliced (225 g)
- 3 tablespoons all-purpose flour (25 g)
- 1 1/2 cups milk (360 ml)
- 3/4 cup low-sodium vegetable stock (180 ml)
- 1 cup frozen peas (140 g)
- 1/2 cup sour cream (120 g)
- 1 teaspoon finely grated lemon zest (2 g)
- 2 tablespoons finely chopped fresh chives (6 g)
- 12 oz plain canned tuna in water, drained and inspected (340 g drained)
- 1/4 teaspoon black pepper
- 2 oz plain salted potato chips, roughly crushed (60 g)

Set out

Oven, 9×13 in (23×33 cm) baking dish, at least 3.5 qt/3.3 L, Large pasta saucepan, at least 5 qt/4.7 L, 12-in/30-cm deep skillet, Colander, Whisk, Rimmed baking sheet, Food thermometer, Suitable foil

Allergens

Wheat, Egg, Milk, Fish: tuna; check stock and chip labels. Check labels and substitutions.

Make it

1. Heat the oven to 375°F (190°C). Set the dish on a rimmed sheet. Bring noodle water to a boil.

2. Melt butter in the skillet over medium heat. Cook onion 5 minutes, then add mushrooms and cook 8–10 minutes over medium-high heat until browned and their loose water has evaporated. Stir in flour for 1 minute.

3. Gradually whisk in milk and stock. Add peas and simmer 4–5 minutes, or their packet time if longer, stirring until sauce thickens and peas are cooked. Take off the heat and stir in sour cream, zest, chives and pepper. Fold in drained tuna gently.

4. Meanwhile boil noodles 2 minutes short of their packet time. Drain and fold into the warm sauce. Transfer to the dish, cover with suitable foil and bake 15 minutes.

5. Uncover, scatter crushed chips and bake 10–15 minutes more until topping is lightly golden and the center and several other places reach 165°F (74°C). Shield the topping loosely if needed while the center finishes. Rest 5 minutes before serving.

Check the serving spoon reaches the bottom

Wide noodles can make the top look fuller than the filling below. Lift through the whole pan so tuna, peas and sauce reach every portion rather than serving mostly noodles from one edge.

A useful detail

The 80-minute total includes preparing the sauce, overlapping noodle cooking and up to 30 minutes baking. The chips are added after the first 15 minutes, not at the start.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 2 days or an earlier opened-fish or dairy deadline. Reheat to 165°F (74°C). The topping softens in storage. Freezing is not preferred because sour cream can separate and noodles soften further.