

# Tuna Bake

MANSFIELD RESPOND



## INGREDIENTS

- 80g butter
- 3 brown onions, diced
- 2 red capsicums, diced
- 2 green capsicums, diced
- 3 carrots, diced
- 4 celery sticks, diced
- 1 cup of small pasta
- 5 eggs
- 420g can creamed corn
- 600g (approx.) tuna in brine
- 5tbsp chopped parsley
- 2tbsp plain flour
- 1 cup grated cheese
- Juice and rind of a lemon
- Salt and pepper to taste

For the white sauce:

- 1tbsp butter
- 3tbsp plain flour
- Juice of the tin of tuna
- 1 cup milk

SERVES 6-8.

## DIRECTIONS

1. Preheat the oven to 180 degrees Celsius, and grease a baking/quiche pan.
2. Melt butter in a saucepan. Add onion, red & green capsicum, carrot and celery. Cook until soft, approx. 10-15min.
3. Cook the pasta as per instructions on packet and drain.
4. Drain tuna and break up into clumps - reserve the liquid from tin as this will be used in the sauce.
5. Combine pasta, vegetables, eggs, corn, tuna, parsley, flour, and salt & pepper in a bowl and stir well.
6. To make the white sauce, melt the butter, stir through flour and add milk and tuna brine, stirring well until it thickens slightly. Stir through the pasta/veg/tuna mixture.
7. Transfer to baking tray and bake for 20min or until set to touch.

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