



Tuna mornay

SERVES: 2

Preparation

25
mins

Cooking

30
mins

Serving & Presentation

5
mins

Total time:

60 MINUTES

INGREDIENTS



1 tablespoon
olive oil



½ white onion,
diced



¼ cup frozen
green peas



¼ cup frozen
corn kernels



¼ red capsicum,
seeded and diced



1 tablespoon plain flour



1 cup milk



½ teaspoon honey
wholegrain mustard



¾ cup tasty cheese,
grated



250 g tuna in brine,
drained



1 pinch ground
black pepper



2 tablespoons parmesan
cheese, grated



½ cup of pasta spiral,
cooked until *al dente*

METHOD

- 1 Preheat oven to 180°C.
- 2 Heat oil in a large saucepan. Add onion, peas, corn and capsicum and cook for 2 minutes.
- 3 Sprinkle the flour over the pan and stir through.
- 4 Add ¼ cup milk and stir until the mixture begins to thicken.
- 5 Add another ¼ cup milk and stir well.
- 6 Add the rest of the milk slowly, stirring all of the time, until the sauce thickens.
- 7 Gently stir in the mustard, ½ cup of tasty cheese, tuna and pepper. Break up any large chunks of tuna. Cook until cheese has melted.
- 8 Place into a casserole dish or ramekin.
- 9 Combine ¼ cup tasty cheese and parmesan cheese in a small bowl and sprinkle over the tuna mornay.
- 10 Cook in oven for 10 minutes or until the cheese has melted and begun to crisp.
- 11 Serve on top of cooked pasta spirals.

