



A Season of Happiness

a Free recipe with our compliments



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R03

GF Friendly

Tuna & Mushroom

a versatile, time-saver dish

- 425g can tuna in brine or springwater – not oil!
- 184g champignons
- 200 ml cream
- 1 dstsp tomato paste
- 1 large onion
- 1 Tbsp chopped parsley
- pepper to taste
- 2 Tbsp extra light olive oil
- parsley flowerets



Coarsely chop onion and slice champignons. Heat oil in a frypan and saute onion on low until transparent - about 5 minutes. Add champignons and continue cooking for 3 more minutes. Meanwhile, drain tuna well, then add to the pan and heat gently for another 2 minutes, turning carefully to keep the fish chunky. Add a little pepper if desired, then the tomato paste and cream. Stir gently and heat, but do not allow to boil. Just prior to serving, stir in parsley.

Serve over a bed of rice or noodles and garnish with sprigs of parsley.

Tuna & Mushroom Pie

The above mixture PLUS:

- 125g grated cheese
- Pita bread or tortillas
- 1 small onion, chopped finely

Prepare mixture as above. Stir in chopped onion. Line the base of a greased, deep pie dish with pieces of quartered tortillas, or separated Pita bread. Spread with 1/3 of mixture and top with 1/3 of cheese. Add another layer of Pita bread/tortillas, then 1/3 mixture and 1/3 cheese. Repeat this one last time, finishing with cheese. Bake on 180°C (165°C fan-forced) for 30-40 minutes until cheese is golden brown.

Serve with saute potatoes and salad.

Both dishes freeze well

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