

## Nutritional information

Nutrient	Per Serve	Per 100g
Energy	1053.27kj	343.72kj
Protein	26.80g	8.75g
Total Fat	8.58g	2.80g
Saturated Fat	3.35g	1.09g
Carbohydrate	13.24g	4.32g
Fibre	7.09g	2.31g
Sodium	295.97mg	96.59mg

Nutritional analyses are estimated calculations based 'Food Works'™ computer software

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Shop 5/580 Main North Road, Gepps Cross. S.A. 5094  
Ph. 8262 7345 E-mail: [easyfeast@yahoo.com.au](mailto:easyfeast@yahoo.com.au)  
[www.communityfoodsa.org.au](http://www.communityfoodsa.org.au)

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*healthy home-cooking made easy!*

PLU476

## Tuna Mornay

**This meal pack includes:**

**Dry Ingredients:**

500mls low fat milk  
184g can mushrooms  
2 Tablespoons plain flour  
425g can tuna in  
springwater or brine  
pepper

**Fresh Ingredients:**

1 brown onion  
1 block low fat grated  
cheese (80g)

**Frozen Ingredients:**

1 pack mixed vegetables  
(500g)

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Preparation time: 25 minutes    Cooking time: 20 minutes    Serves 6

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Developed by Community Foodies in conjunction with  
Community Food SA

# Tuna Mornay

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## Time Required

Preparation time: 25 minutes

Cooking time: 20 minutes

## Ingredients

- 425g can tuna in spring water or brine
- 184g can mushrooms
- 1 brown onion
- 500g frozen mixed vegetables

For the white sauce;

- 2 Tablespoon plain flour
- 500mls low fat milk
- 80g low fat grated cheese
- 1 Tablespoon olive oil (not included)
- Pepper

## Tips and Ideas

- Enjoy as is or serve with pasta, rice or potato.
- Freeze any leftovers or freeze in portions for a rainy day

## Cooking Instructions

1. Pre-heat oven to 180°...
2. Drain the can of tuna.
3. Drain the mushrooms, rinse well and slice into smaller pieces.
4. Peel and dice the onion.
5. In a large bowl, mix together the tuna, mushrooms, onion and frozen mixed vegetables.
6. Pour into an ovenproof baking dish.
7. Now, make the white sauce – heat oil in a saucepan.
8. Add the flour and stir to form a paste.
9. Gradually pour in a very small amount of milk, stirring to combine with the paste to stop any lumps (use a whisk if you have one).
10. Keep pouring in small amounts of milk until all the milk is combined with the paste.
11. Bring to the boil, then reduce the heat to low and stir often for about 5-10 minutes until it thickens.
12. Season with pepper to taste.
13. Pour the white sauce over the tuna and vegetable mixture.
14. Sprinkle the grated cheese evenly over the top of the sauce.
15. Bake in the oven for 20 minutes until cheese is browned.