

Tuna, Vegetable and Rice Bake

Serves: 6

Prep time: 30 minutes

Cook time: 20 minutes



2 serves per portion

Ingredients

1 tablespoon olive oil
1 clove garlic, finely diced or crushed
1 medium red onion, finely diced
2 cups broccoli, cut into small florets
2 cups cauliflower, cut into small florets
2 medium carrots, diced
2 small zucchini, diced
1 red or green capsicum, diced
425g can tuna chunks in spring water, drained
2 tbsp fresh flat leaf parsley, finely chopped
2 cups brown rice, cooked
½ cup cheddar, grated

Method

PREHEAT oven to 180°C fan forced.

HEAT olive oil over medium heat in a large ovenproof casserole dish then add garlic and onion and cook for 5 minutes or until softened.

ADD broccoli, cauliflower and carrots and cook for approximately 5 minutes.

ADD capsicum and zucchini and cook for a further few minutes until just tender.

REMOVE pan from heat and drain excess liquid from vegetables.

MELT the olive spread in a saucepan over medium heat.

ADD the flour and cook, stirring constantly, with a wooden spoon for 1 – 2 minutes until bubbling.

GRADUALLY stir in the warm milk then bring the mixture to a boil.

REDUCE heat to medium and add parmesan, salt and pepper, stirring until parmesan has melted.

ADD the drained tuna and cooked rice to the vegetable mixture in the casserole dish.

ADD the bechamel sauce and combine all ingredients well then sprinkle with cheddar cheese.

BAKE for 20 minutes until heated through and golden on top.

GARNISH with chopped parsley and serve with a crisp green salad.



Everyday Food

Bechamel sauce:

50g olive oil spread or similar

¼ cup wholemeal plain flour

2 ½ cups milk, reduced fat, warmed

1 cup parmesan, grated

Salt and pepper to taste

Recipe courtesy of the Country Kitchens team