



Cheesy tomato tuna bake
RECIPE

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COOK TIME 5 mins
PREP TIME 15 mins
SERVES 4 x

Cheesy Tomato Tuna Bake

INGREDIENTS

- 2 cups (300 g) chopped onions
- 2 Tbsp MasterFoods™ Garlic
- 2 Tsp MasterFoods™ Italian Herbs
- 2 Tsp MasterFoods™ Onion Salt
- 2 Tbsp Olive Oil
- 2 cups (450 g) canned tuna
- 2 cans (400 g each) chopped tomatoes
- 1 cup (240 ml, 8 fl oz.) cream
- 4 hard-boiled, peeled eggs (cut into quarters)
- 2 cups (400 g pasta, 500 g rice)) cooked pasta
- ½ cup (115 g) melted Butter
- 2 cups (220 g) breadcrumbs
- 2 cups (160 g) grated cheese

METHOD

1. In a pan, fry half the onions in in the Olive Oil, adding the MasterFoods™ Garlic, MasterFoods™ Onion Salt, and MasterFoods™ Italian Herbs. Add the tins of tomatoes.
2. Brown it off and add the cream, tuna and half the breadcrumbs to thicken the sauce.
3. Add 1 cup of the cheese, the boiled eggs and the cooked pasta or rice. Pour into a baking dish.
4. Mix the second half of the breadcrumbs with the melted butter together.
5. Place the remaining grated cheese, buttered breadcrumbs and the remaining of onions on the top. Sprinkle on top, some extra MasterFoods™ Italian herbs and live oil so it crisps up when cooking.
6. Bake uncovered, for 30 minutes at 200C. Serve with salad and crunchy bread.

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