

QUICK Recipe for Busy Parents - Tuna Mornay - Your Baby Boy and Girl

Written by Admin

Sunday, 31 January 2010 16:00 -

oil for cooking

1 small onion, diced

1 clove garlic

425 g tin tuna in springwater or brine, drained

1 tablespoon tomato paste or pizza sauce

1 tablespoon tomato sauce

100ml cream

1 cup grated tasty cheese

Heat oil & cook onion & garlic until soft. Add tuna, cook for 1 minute. Add sauce, paste & cream. Simmer for 15 minutes. Add cheese, stir through and serve with pasta or rice.