



Cook time: 30 mins

Serves: 4

Prep time: 10 mins

Tuna and Potato Bake

Ingredients

- 425g canned tuna in water, drained
- 2 sticks of celery, chopped
- 3 medium potatoes, washed and thinly sliced
- 1 cup (200g) frozen corn
- 2 tbsp fresh parsley, finely chopped
- Black pepper
- 2 slices wholemeal bread, crumbed or torn into pieces
- ¼ cup low-fat cheese

Method

- Preheat oven to 180°C.
- Lightly grease an ovenproof dish.
- Layer tuna, celery, potatoes, corn, parsley and pepper in greased dish.
- Combine bread crumbs and cheese, and sprinkle over tuna mixture.
- Bake at 180°C for 30 minutes.

Nutrition Information (Per Serving):

Energy: 338kcal
Protein: 32.2g
Total fat: 6.4g
Carbohydrates: 36g
Dietary fibre: 6.1g