

WAYS WITH TINNED TUNA

Tuna cakes

Mash some potato. Flake the tuna and add, with some lemon juice, salt and pepper. Form into cakes and fry. Experiment with flavours such as curry or chilli powder or paprika.

Beany tuna

Gently fry an onion until soft. Add a crushed clove garlic, if liked. Add the tuna, tinned tomatoes, pinch sugar, salt and pepper. Drain a tin of butter beans and add. Stir gently and simmer for 5 minutes.

Tuna and bean stew

Into a saucepan put a tin of chopped tomatoes, a tin of mixed beans, a tin of tuna. Stir in salt and pepper. Add flavourings such as garlic, chilli powder, a little vinegar +sugar. Bring to the boil and simmer for 4 minutes.

Tuna kedgeree

Boil some rice. Gently fry an onion. Add chopped tomatoes and mushrooms and cook for a few minutes. Stir in the tuna and salt and pepper. Stir in the rice and warm through.

Tuna pasta bake

Cook some short pasta, drain. Fry an onion gently. Add garlic and chilli flakes. Add a crushed clove of garlic (or some garlic powder) and chilli flakes, and cook for 3 minutes. Add a tin of chopped tomatoes and half a tin of water, simmer for 10 minutes. Add salt and pepper. Stir in a tin tuna (with some chopped rosemary if liked) and the pasta. Tip into a baking dish. Scatter over some grated cheese. Bake for 20-25 minutes at 190°C, gas 5.

Tuna pasta salad

Boil some short pasta, drain. Mix together a tin of tuna and a tin of sweetcorn. Chop an onion finely and stir in. Chop some lettuce leaves and add. Quarter some tomatoes and add. Add the pasta. Stir in some salt and pepper and some lemon juice.

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Jacket potato filling

Mix together a tin tuna, a small onion finely chopped, chopped onion, a little black pepper. If liked, add sweetcorn, stir in some cream cheese or cottage cheese.