

# TUNA MORNAVY BAKE

WARM • GROUNDED • NOURISHING

🍴 4-6 servings

🕒 Prep & Cook: 25 -30 minutes

Optional Bake: 20-25 minutes



## INGREDIENTS

4 tbsp Butter  
4 tbsp Plain Flour  
1 cup Milk  
1 tspn dried Parsley  
1 Onion, finely diced  
1 Tbsp Lemon or Lime Juice  
425g tin Tuna, drained and flaked  
500g Spiral Pasta  
1 cup grated Cheese  
Salt & Pepper, to taste

### OPTIONAL EXTRAS:

Breadcrumbs  
Extra grated Cheese  
1 cup of Frozen Peas  
1 cup of Corn Kernels

## DIRECTIONS

1. Preheat oven to 180°C (fan-forced).
2. Cook Pasta according to packet instructions until al dente. Drain and set aside.
3. In a large pan, melt the butter over medium heat. Add the diced onion and cook until soft and translucent.
4. Stir in the flour and cook for 1-2 minutes, stirring constantly.
5. Gradually add the milk, stirring continuously, until the sauce thickens and becomes smooth.
6. Add the tuna, parsley, lemon (or lime) juice, grated cheese, and optional vegetables if using. Season with salt and pepper.
7. Stir gently and cook on medium-low heat for a further 5 minutes.
8. Add the cooked pasta and mix until evenly coated.
9. Lightly grease a large baking dish and transfer the mixture.
10. Top with extra cheese and breadcrumbs if desired.
11. Bake for 20-25 minutes, or until the top is lightly golden and the cheese has melted.

*Simple food. Gentle care.*

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