

Ingredients

Serves 2 Adults and 2 Children

1 x 425g can tuna in oil, drained
2 brown onions finely diced
2 cloves garlic crushed
250g potato diced
250g pumpkin diced
½ cup frozen peas
½ cup grated tasty cheese
1 cup fresh bread crumbs
– 4 slices Wholemeal bread
30g nutelex melted
Olive oil
2 tbsp fresh dill chopped
1 cucumber finely sliced
150g cauliflower cut into florets
150g broccoli cut into florets
100g green beans
Juice & zest of 1 lemon



Vegetarian Option: Omit tuna and add mashed kidney beans



Dairy Free Option:
Omit cheese



Gluten Free Option:
Use GF bread and check product labels

Method

1. Preheat the oven to 180°C and spray a pie dish with oil
2. Blend the bread in a food processor to make crumbs and place into a bowl and pour over the nutelex and stir through, set aside
3. Bring a large pot of water to the boil and cook potatoes and pumpkin until tender, then drain
4. Sauté the onions and garlic in a little olive oil until tender, add the tuna and stir through
5. In a large bowl combine the tuna, potato, pumpkin, dill and peas and stir to combine
6. Place into the pie dish and top with cheese and bread crumbs and bake for 20 mins or until golden
7. Blanche the cauliflower, broccoli and beans but do not overcook, drain and refresh in cold water
8. Toss the vegetables and cucumber together with a little olive oil and lemon juice and zest and serve with the pie



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Method

1. Make dish as per recipe
2. Reserve some pumpkin, potato, cauliflower, broccoli and beans to puree or mash
3. If making the vegetarian option ensure you mash the kidney beans

Note: If cooling and freezing use food safe cooling Practices (2hr/4hr Cooling Rule)

Smooth Puree

Select the amount of each cooked ingredient you require and blitz with a food processor. Add a tablespoon of boiled water and keep blending until mix reaches the desired consistency.



Lumpy Mash

Select the amount of each cooked ingredient you require and mash with a fork or masher, mash until desired texture is reached. Add boiled water if required.



Finger Food

Offer pie to eat with a spoon and offer blanched vegetables as finger food.

