



Tuna & Potato Bake

Serves 4

Prep time: **10 mins**
Cook time: **30 mins**

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 tablespoons fresh parsley, finely chopped
- Black pepper
- 2 slices wholemeal bread, crumbed or torn into pieces
- ¼ cup low-fat cheese

Methods

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

Nutrition Information (Per serving):

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

Get this recipe and more at
shophealthy.sg/recipes