

# Tuna Bake

*Recipe taken from help there's a stove in my kitchen*

Serves: 2    Time: 30 - 35mins



Liverpool  
Diabetes  
Partnership



Simple and tasty recipe that can be rustled up with basic household ingredients.

## Ingredients

- 1 x 145g tuna
- 1x 400g Italian tomatoes or sweetcorn
- 2x eggs beaten
- Salt & pepper to taste
- ½ cup grated cheese

## Method

- 1) Preheat oven to 180 C. Grease an oven proof dish with a little spray oil.
- 2) In a bowl mix the tuna and tinned tomatoes together with the eggs. Season with salt and pepper to taste.
- 3) Pour tuna mix into greased dish and sprinkle with cheese on top.
- 4) Bake for 30minutes

**Estimated Nutritional information: 310 Calories, 14.5g fat, 33.5g Protein, 8g carbohydrate, 1.5g Salt.**

### Extra tips:

Tinned tomatoes could be replaced with other tinned vegetables.

Add extra vegetables like peppers, mushrooms, aubergine to improve nutritional value of meal.

Add herbs and spices for extra flavour.