

Tuna Crumble



Delicious. Every time.

Prep time: 10 mins

Cook time: 25 mins

Serves 4

Ingredients:

- 80 g butter
- 375 ml self raising flour
- 60 g cheddar cheese grated
- 4 ml salt
- 4 ml pepper
- 1 ml mustard
- 1 onion chopped
- 20 ml oil
- 1 red pepper chopped
- 125 ml green beans sliced
- 2 tins tuna drained
- 1 packet ROYCO Chicken a la King Cook-in-Sauce
- 400 ml milk



Cooking Instructions:

1. Preheat oven to 180°C.
2. To make the crumble, rub the butter into the flour, salt and pepper. Add the cheese and mustard, the mixture should resemble coarse breadcrumbs.
3. Fry onion in oil until soft, add red pepper and green beans, stir fry for 2 minutes.
4. Add ROYCO sauce to the onion mixture and bring to the boil.
5. Remove from the heat, add the tuna and then place the mixture in a 20cm oven-proof dish.
6. Place mixture in a small oven-proof dish, sprinkle the crumble on top and bake for 20 minutes until the crumble is light golden.
7. Serve with a green salad.

Tip: Use tuna in water, it tends to be less oily.