

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Tuna Mornay

Ingredients

Butter for frying

400g of cauliflower florets

1¼ cups of thickened cream

*250 g of
Ricotta cheese*

*1 cup of grated
cheddar cheese*

*1 cup of raw corn
kernels cut off the cob*

425g tin of tuna drained

½ cup of grated Parmesan cheese



Method

1. Preheat oven to 180 degrees.
2. Fry the cauliflower with the butter and add 1 cup of cream. Cook over a low heat, for 15 to 20 minutes until the florets are tender and golden.
3. Meanwhile combine the ricotta, cheddar, corn and tuna in a bowl and mix.
4. Spoon the cauliflower mixture into a casserole dish and cover with the tuna mixture. Drizzle ¼ cup of cream over the top.
5. Sprinkle the Parmesan cheese on top and bake for 20 - 30 minutes until golden brown. Serve immediately with a green salad.

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Source: Fran Bruce

Serves 4



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