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

1½ cups of thickened cream

250 g of Ricotta cheese

1 cup of grated cheddar cheese

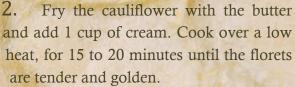
1 cup of raw corn kernels cut off the cob

425g tin of tuna drained

½ cup of grated Parmesan cheese

Method

1. Preheat oven to 180 degrees.



- 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 Ramsay

Serves 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

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