Tuna Crumble
RECIPE

Tuna Crumble

Cooking time	25 mins
Preparation time	10 mins
Serves	4

Transform that tinned tuna in the pantry into a winning dinner with this Tuna Crumble recipe. A delicious dish that you'll keep making over and over again.

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

Vegetarian

Switch out the tuna with sausage meat removed from the casing. Our Chicken a la King Cook-in Sauce is suitable for vegetarians.

Family Friendly

Let the kids get their hands dirty by helping you rub the flour and butter into a crumble. The kids will love this crunchy topping.

Method

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 course breadcrumbs.
3. Fry onion in oil until soft, add red pepper and green beans, stir fry for 2 minutes.
4. Add Royco® Chicken a la King Cook-in Sauce to the onion mixture and bring to the boil.
5. Remove from the heat, add the tuna.
6. Place mixture in a small oven-proof dish of 20cm, sprinkle the crumble on top and bake for 20 minutes until the crumble is light golden.
7. Serve with a green salad.

Recipe Tags

Wet Cook In Sauce, Meat and Veg

Related Recipes

Cape Malay Beef and Cashew Nut Stir-Fry

Cooking time

10 mins

Preparation time

5 mins

Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

Cheesy Chicken Pasta Bake

Cooking time

25-30 mins

Preparation time

15 mins



Spaghetti Bolognaise

Cooking time

30 mins

Preparation time

15 mins

Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins

Simple Savoury Mince Pasta

Cooking time

20 mins

Preparation time

15 mins

Homestyle Lamb Curry

Cooking time

30 mins

Preparation time

20 mins

Chicken Sosaties

Cooking time

15 mins

Preparation time

30 mins

Hearty Beef Stew

Cooking time

30 mins

Preparation time

30 mins

Pork Fillet with Spicy Pineapple Relish

Cooking time

10 mins

Preparation time

60 mins

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