



# Tuna Pie

SERVES 4

## INGREDIENTS

1 tbs olive oil  
1 small onion, finely chopped  
1 stalk celery, finely sliced  
2 garlic cloves, crushed  
200g mushrooms, sliced  
1 cup allowed gravy made to a thick consistency  
2 tsp Dijon mustard  
600g canned tuna in spring water, drained (drained weight will be 450g)

Parsley, chopped  
Thyme, chopped  
Black pepper, cracked  
Paprika

### Notatoes

1 medium head cauliflower, cut into florets  
75g light cream cheese  
1 clove garlic, crushed  
Salt and pepper to taste  
Chives, chopped

## METHOD

1. Preheat oven to 180°C.
2. Heat the oil in a non-stick frying pan over medium heat. Add the onion, celery and garlic and sauté for 10 minutes or until soft, but not coloured.
3. Add the mushrooms and cook, stirring for 3-4 minutes. Add the remaining ingredients and gently combine.
4. Pour into one large or four individual baking dishes, top with the notatoes and sprinkle with paprika. Bake for 25-30 minutes.

### Notatoes

1. Steam cauliflower until tender.
2. Place in a blender or food processor with the cream cheese, garlic and salt and pepper.
3. Process until smooth.
4. Garnish with chopped chives and cracked pepper.

Note: If the mixture is too thick try adding a small amount of salt reduced stock while blending.

