



Ingredients

- 1 tsp olive oil
- 1 onion, finely chopped
- 2 celery sticks, finely chopped
- 1 large carrot, peeled, finely chopped
- 2 zucchini, thinly sliced
- 200g green beans, cut into 1cm lengths
- 1 1/2 tbsp olive oil spread
- 2 tbsp plain flour
- 500ml (2 cups) reduced-fat milk
- 425g can Coletuna in spring water, drained, flaked
- 40g (1/2 cup) grated parmesan
- 270g (2 cups) cooked Coles Australian brown rice
- 120g baby spinach leaves
- Mixed salad leaves, to serve



Directions

Step 1

- Preheat oven to 190C/ 170C fan forced.
- Lightly spray a 2L (8-cup) ovenproof baking dish with oil.

Step 2

- Heat the oil in a large saucepan over medium heat. Cook the onion, celery and carrot, stirring, for 5 minutes or until softened.
- Add the zucchini and beans and cook, stirring, for 2 minutes or until just tender.
- Transfer the vegetables to a bowl.

Healthy tuna mornay

Step 3

- Return same pan to medium heat and heat the spread until melted.
- Add the flour and stir until well combined.
- Slowly start adding the milk, stirring constantly, until well combined and smooth.
- Bring to the boil, reduce heat to low and simmer, stirring constantly, until the sauce thickens.
- Stir in the vegetables, tuna and half the parmesan.
- Season.

Step 4

- Spread the rice over base of baking dish.
- Top with the spinach, then the tuna mixture.
- Sprinkle with the remaining parmesan.
- Bake for 20 minutes or until golden and bubbling.
- Set aside for 5 minutes before serving with salad leaves.

