



TUNA AND SWEETCORN MORNAY

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides (See note re corn)

Prep time: 15 mins

Cook time: 20 mins

Serves: 4



INGREDIENTS

- 425g can tuna
- 5 spring onions, thinly sliced
- 2 tbsp coconut oil
- 1 tsp ginger, grated
- 1 tsp garlic, crushed
- 1 tsp tumeric
- 1 tsp smoked paprika
- 1/2 cup sweet corn OR zucchini, finely diced
- 1/2 cup celery, finely sliced
- 1 can coconut cream (or milk)
- 1/2 cup grated dairy free cheese, shredded (see note)
- 1 tbsp potato or tapioca flour (see note)
- 1 tsp salt
- pepper

METHOD

- On medium heat, melt coconut oil in saucepan.
- Add garlic, ginger, tumeric and paprika and stir for 3 minutes.
- Add spring onions, celery and sweet corn or zucchini and simmer until cooked (about 12-15 minutes).
- Add tuna and coconut cream and stir.
- Mix potato flour (or tapioca flour) in a small amount of water and add while stirring.
- Once it boils, it should thicken enough. (or repeat if extra thick is preferred)
- Stir in dairy free shredded cheese.
- Serve with [bread rolls](#) or [creamy mashed cauliflower](#).

NOTE: Corn is NOT a low disaccharide, zucchini must replace corn if this is an issue.