



Name of the Recipe: Tuna fish soufflé

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Make sure you have everything you need and place them on your kitchen counter. This is called “mise en place” (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!

Ingredients:

1. 2 tins tuna fish in brine
2. 1 pq. 40 grs grated cheese, ½ for the mixture and ½ to top
3. 2 eggs
4. 1 small pack/tin wholecream (125 grs aprox.)
5. 1 cup oatmeal
6. Breadcrumbs: optional
7. Butter to grease the oven proof pyrex

Optional:

1. Breadcrumbs
2. Bread soaked in milk(drained)
3. Stir-fry
4. Milk

Preparation:

1. Prepare the stir-fry (onion/garlic/carrot/capsicum)
2. Mix all ingredients in a bowl including ½ the grated cheese
3. When all well blended, place in oven proof greased pyrex
4. Add rest of the grated cheese on top to grill
5. Place in oven. Check after 20 minutes with a skewer.

Baking time: 20-25 minutes or until it is golden brown.