

# Tuna Casserole (serves 2)

This dish is an excellent way of increasing both your fish and barley consumption. We are recommended to eat two portions of fish per week, one of which should be oily. Fresh tuna is classed as an oily fish but due to the canning process tinned tuna is not. It still contains many other beneficial nutrients however and is a good source of protein and vitamins B<sub>2</sub> and B<sub>12</sub>. To avoid adding extra fat try to use tinned tuna in water or brine rather than in oil. Different types of fish can be substituted instead of tuna, such as salmon or haddock, but most types of fish will be suitable. If using raw fish rather than tinned, chop it up into small pieces first and use as per the directions for the tuna. The fish will cook in the oven.

## Ingredients

260g pearl barley

1 can of tuna in brine

1 small tin borlotti beans

80g cheddar cheese

160g semi-skimmed milk

1 egg

1 tablespoon of lemon juice

1 tablespoon of Worcestershire sauce

2 teaspoons mustard

1 teaspoon dried dill

## Method

1. Place the barley in a large saucepan and cover with plenty of water. Bring to the boil and simmer for 45 minutes or until the barley is tender, then drain off the water.
2. Preheat the oven to 180°C/350°F/Gas Mark 4.
3. Coat a square baking pan or casserole dish lightly with oil.
4. In a small bowl or jug mix together the eggs, milk, lemon juice, Worcestershire sauce, mustard and dill.
5. In the saucepan combine the cooked barley with the tuna, beans, half the cheese, and the milk/egg mixture.
6. Spread the mixture into the baking pan and top with the remaining cheese
7. Bake for 35 minutes.

## Nutrition information

Per 100g	Energy 567kJ 135kcal	Fat 4.5g	Saturates 2.3g	CHO 13.9g	Sugars 1.1g	Protein 8.4g	Fibre 2.6g	Salt 0.36g
Per Serving 295g	Energy 1671kJ 398kcal	Fat 13.3g	Saturates 6.9g	CHO 41.1g	Sugars 3.2g	Protein 24.7g	Fibre 7.6g	Salt 1.06g

Oat/Barley content

**43g**

of barley per  
portion

