



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Cheesy Tuna Casserole

Serves 4

Ingredients

7oz tin tuna
1 tablespoon chopped onion
2 eggs
8oz cottage cheese
2oz fresh breadcrumbs
Salt and pepper

Method

Drain and flake the tuna; mix with cottage cheese, onion, breadcrumbs and seasoning.

Beat the eggs and mix well with the fish mixture.

Turn into a greased 1 pint casserole dish and bake at 350°F (180°C, Reg 4) until set (30-40 minutes).

