

Tuna noodle casserole

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Tuna noodle casserole

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This family-friendly tuna noodle casserole usually tends to be made with canned soup and whole milk, which means high fat and sodium. We remedy this by making our own creamy mushroom sauce with non-fat milk thickened with a bit of flour.

Look for whole-wheat egg noodles – they have more fibre than regular egg noodles (but this dish will work well and taste great with either).

Ingredients (serves 6)

- 250 g whole-wheat egg noodles
- 1 tbsp extra-virgin olive oil
- 1 medium onion, finely chopped
- 250 g mushrooms, sliced
- ½ tsp salt
- ½ cup dry white [wine](#)
- 6 tbsp all-purpose flour
- 3 cups non-fat milk
- ½ tsp freshly ground pepper
- 340 g chunky light [tuna](#), drained
- 1 cup frozen peas, thawed

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- 1 cup finely grated parmesan cheese, divided
- ½ cup coarse dry whole-wheat breadcrumbs (see Tip)

Method

Bring a large pot of water to a boil. Cook noodles until just tender, six to eight minutes or according to package directions. Drain and rinse.

Position rack in upper third of oven, set at 180°C. Meanwhile, heat oil in a large ovenproof pan over medium-high heat. Add onion, mushrooms and salt and cook, stirring often, until the onion is softened but not browned, about five minutes.

Add wine and cook until evaporated, four to five minutes. Sprinkle flour over the vegetables; stir to coat. Add milk and pepper and bring to a simmer, stirring constantly. Stir in tuna, peas and half a cup parmesan until evenly incorporated. Then, stir in the noodles (the pan will be very full). Remove from the heat.

Sprinkle the casserole with breadcrumbs and the remaining half a cup parmesan. Cook in oven until bubbly and lightly browned on top, three to four minutes.

Recipe tip: To make fresh breadcrumbs, trim crusts from bread (gluten-free bread). Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about ½ cup fresh crumbs. For dry breadcrumbs, spread the fresh crumbs on a baking sheet and bake at 120°C until crispy, about 15 minutes. One slice of fresh bread makes about ⅓ cup dry crumbs.

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