

Mum's Salmon Rice

Yield: 4-6 people

Prep time: 30 min

Total time: 50 min

Ingredients

2 cups Rice

Teaspoon of Butter

1 brown Onion - diced

1 Can of Diced tomatoes

Cornflour - 2 teaspoons mixed in
a little cold water (may need a
bit more depending on how
much fluid is in the frypan.)

1 Can of Tuna or Salmon (drained)

Kraft Cheddar Cheese (this is the
one in the blue box you find in
the supermarket.) – the block
size will depend on the
casserole dish you use!)

(Note: the amounts of butter and
cornflour may vary.)

Directions

1. First cook 2 cups rice (either white or brown) as you would normally.
2. In a fry pan lightly brown a diced onion with some butter, add 1 can of diced tomatoes & cook til bubbling.
3. Then thicken with enough cornflour to make a thick paste sauce. Cook until the paste is nearly clear.
4. Add a can of tuna (drained) and mix together. Season with salt & pepper to taste.
5. Mix into the rice & place in a casserole dish. Top with grated Kraft cheddar cheese.
6. Bake in a hot oven about 20 mins or until cheese is melted almost crisp on top.
7. Serve with either lemon wedges or vinegar

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