

Tuna or Chicken Mornay

Ingredients:

450G Tuna in brine
(Or 500g Chicken Breasts)
2 tsp Margarine
1 small Onion, diced
1 small tin Corn Kernel (optional)
2 cups Milk
1 ½ tsp ORGRAN Plain Flour
1 teaspoon Chicken Stock Powder
2 cups ORGRAN Rice & Corn Macaroni (or a pasta of your choice)

Method:

1. Cook pasta and drain, Drain tuna and set aside (OR cut chicken into cubes and cook).
2. Microwave onion on high until cooked. Melt margarine in medium size saucepan
3. Add flour, and mix well, using a whisk to avoid lumps. Gradually beat in milk until white sauce is made.
4. Add stock powder, onion and mix well. Stir in tuna (or chicken), pasta and corn.
5. Simmer for 5 minutes. Serve hot.