



QUICK & EASY TUNA QUICHE

SERVES: 4

TOTAL TIME: 55 MINUTES

GF

INGREDIENTS

250g tuna in springwater
200g mushrooms, sliced
3 eggs
250ml milk
100g Swiss cheese
Salt & cracked pepper

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Lightly grease an oven dish with cooking oil spray.

Drain the tuna and transfer to the dish along with the mushrooms. (Make sure you break the tuna up with a fork into flakes).

Season with salt & cracked pepper.

Whisk eggs and milk in a separate bowl and stir the cheese through. Pour over the tuna and mushrooms and bake for 30-35 minutes or until fully cooked through.

Serve immediately with an easy green salad.

MACROS PER PORTION

CALORIES	306	PROTEIN	38
CARBS	7	FATS	14
FIBRE	1		