



Tuna, Potato and Spinach Casserole

Ingredients

- 1 Tin of Tuna
- 10-12 Potatoes, sliced thinly
- 1 Onion, chopped
- 2 Peppers, chopped
- 400g Chopped tomatoes
- 150g Spinach
- Sprinkle of Cheese

White Sauce

- Knob of butter
- 2tbsp of flour
- Milk

Method

- Pre heat oven to gas mark 5
- Line the bottom of your casserole dish with your potatoes
- Cover the potatoes with your tomatoes
- Then create a layer of spinach
- On top of the spinach create a layer of tuna
- Then another layer of potatoes
- To make the white sauce, melt the butter and then add the flour to form a paste.
- Then add the milk a bit of a time until you get a slightly thick sauce.
- Once made, pour over the potatoes and then sprinkle with cheese
- Bake for one hour

Enjoy!

