

Tuna and Spinach bake

6x 420g can tuna
2x 3kg bags chat potato
4x 250g boxes frozen spinach
3x 250g Tofu
1x 500g grated cheese
6 carrots grated
2 cups butter
2 cups plain flour
2 litre milk

Slice potatoes then boil potato until soft then drain them

Layer them in greased baking dishes

White round casserole dish for the babies

Small black baking dish for moon walkers and jungle

Large black baking dish for preschool and prep

In a large saucepan melt butter then add flour while stirring add the milk continue stirring constantly until it starts to thicken. Blend tofu & add to the mixture.

Thaw frozen spinach in the microwave for around 20 minutes, when thawed add to the drained tuna. Then add grated carrot to tuna and spinach then add these to the white sauce and then pour evenly over the dishes of potatoes

Sprinkle with cheese and bake in the oven @ 180 for at least 40 min

