

# Risoni Tuna Bake



Serves 4 - 6 people, preparation time 7 minutes, cooking time 40 mins.

## Ingredients Base

1 cup of freshly cooked Orgran Risoni  
3 eggs

## Method

1. Preheat the oven to 170oC/335oF
2. Prepare a 23cm (9inch) round quiche dish, by spraying with cooking spray.
3. Then spread Risoni over the base of the dish.
4. Crack the eggs into a small bowl and beat to combine well, then pour into the dish.
5. Place in a moderate oven and cook for approx.10 minutes, or until the egg is just set.
6. Then remove from the oven whilst preparing the topping.

## Topping Ingredients

1 onion  
2 tspns finely chopped parsley  
Freshly ground black pepper as desired  
½ tspn of dried Oregano  
½ tspn dried Tarragon  
300ml (10oz) sour cream  
3 eggs lightly beaten  
1 x 425g (14oz) Tuna in spring water  
1 cup of tasty grated Cheddar cheese  
1 tbspn of grated Parmesan cheese

## Method

1. Peel and chop the onion, then place in a food blender, add the parsley , pepper, oregano, tarragon, sour cream and egg and blend well.
2. Arrange the Tuna onto the base of the dish.
3. Now add the bended onion mixture and sprinkle with cheeses.
4. Place into a moderate oven and bake for approx.40mins or until cooked when tested.
5. Then remove and allow to stand for 10mins before serving.