

Tuna Mornay with Eggs



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| Preparation time: | 50 mins |
| Serves: | 6 people |
| User Rating: | ★★★★☆ |

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Feed the whole family with this hearty, wholesome Tuna Mornay.

This simple healthy dish is great for big dinner nights and weekend meal-preppers. And if you have a pasta preference, swap the rice out for your favourite pasta shapes.

[View the full recipe below.](#)



Ingredients

- 1 ½ cups (325g) long grain rice
- 425g can tuna in oil, drained
- 6 eggs
- 50g butter

- 1 small onion, finely chopped
- 3 tablespoons plain flour
- 3 cups (750ml) milk
- 1 tablespoon Dijon mustard
- Salt and pepper to taste
- 1 cup (110g) grated parmesan
- 1 bunch broccolini, halved lengthways
- 1 cup (50g) panko bread crumbs
- 2 tablespoons olive oil
- 1 clove garlic, crushed

Method

1. Cook rice according to packet instructions. Spoon into a large ovenproof 10-cup capacity baking dish. Top with flaked tuna. Set aside.
2. Boil eggs over medium heat for 6-7 minutes. Drain and cool. Peel and halve.
3. Meanwhile, melt butter in a saucepan over medium-high heat. Add onion and cook, stirring, for 3 minutes or until softened. Stir in flour and cook for a further minute. Pour in milk and cook until the mixture boils and thickens, about 5 minutes. Stir in Dijon, season with salt and pepper and add half the parmesan. Pour over rice and arrange broccolini across the top.
4. Preheat oven 180°C (fan-forced). Combine remaining parmesan, panko crumbs, oil and garlic together and scatter over the top. Bake for 20 minutes or until golden and heated through. Remove mornay from oven and nestle eggs into the top. Bake for a further 5-10 minutes or until heated through.

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Notes

- For a fast version, use microwave rice sachets.
- Substitute rice with your favourite dry pasta such as penne or orecchiette. Cook 250g of dry pasta according to packet instructions. Drain and complete recipe as per instructions.

Nutritional Information

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|--------------|-------------------|---------|-----------|---------------|---------------|--------|-----------|
| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Sodium | Vitamin D |
| 407g | 3250kJ 777kcal | 42.2g | 39.1g | 15.5g | 62.3g | 888mg | 6.3µg |

All nutrition values are per serve.