

Tuna Spinach Curry with Boiled Eggs



Preparation time:	20 mins
Serves:	4 people
User Rating:	★★★★☆

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Heart healthy meals don't have to be boring and this Tuna Spinach Curry with Boiled Eggs is the perfect example. It takes no time to whip up so you can lunch or dinner on the table quickly and we guarantee the whole family will love it.



Ingredients

- 4 large eggs
- 1 small onion, finely chopped
- 1 tablespoon extra virgin olive oil
- 2 cups reduced fat milk
- 1 tablespoon plain flour
- 1 tablespoon curry powder
- 425g tin tuna in spring water
- zest of 1 lemon, plus lemon cut into quarters to serve
- 2 cups (185g) broccoli, cut into bite-sized florets

- 200g spinach leaves
- 2 x 250g microwavable packets cooked brown rice

Method

1. Bring a small saucepan of water to boil and gently add the eggs. Cook for 7-8 minutes to hard boil. Remove from the heat and drain the water.
2. While the eggs are cooking, heat the oil in a frying pan over medium heat. Sauté the onion until soft and translucent.
3. Drain the tinned tuna, reserving the spring water. Mix the spring water and milk together in a jug.
4. Stir the flour and curry powder into the sautéed onion. Pour in a quarter of the milk mixture, whisking to remove any lumps and cook over medium heat for 2-3 minutes or until the sauce thickens. Stir in the remaining milk mixture, then stir in the lemon zest and tuna and mix well.
5. Place the broccoli in a microwave-safe bowl with a splash of water and cook on high for 2-3 minutes or until tender but still crunchy. Alternatively, you can steam over a pan of simmering water on the stovetop.
6. Meanwhile, peel the eggs and slice. Fold the spinach into the curry. Cook for a minute or two until the spinach has wilted.
7. Heat the brown rice pouches in the microwave for 90 seconds or according to packet instructions.
8. Divide the brown rice between bowls, top with the tuna curry and the sliced eggs. Serve with the steamed broccoli and lemon wedges on the side.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
500g	2100kJ 502kcal	38g	14g	4g	53g	10g	500mg	7g

All nutrition values are per serve.