

Nopalito and Tuna Casserole



Serves: 4

Preparation time: 60 min

Recipe developed by Yo-Chai Huang

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INGREDIENTS:

- 2 nopalitos
- White sauce
- 15 g butter
- 50 g cake flour
- 5 ml salt
- 5 ml freshly ground black pepper
- 2 ml nutmeg
- 250 ml full cream milk
- Vegetable and tuna mixture
- 30 ml olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 100g mushrooms, sliced
- 1 red pepper, finely sliced
- 100 g baby marrow, sliced
- 5 ml mixed herbs
- salt and pepper to taste
- 2 tins of tuna, drained
- Crumb topping
- 75 g butter
- 125 g cake flour
- 100 g cheddar cheese, grated

METHOD:

- Preheat the oven to 180°C.
- Clean, remove the glochids and slice the nopalitos into thin strips.
- To make a white sauce: In a small saucepan, melt butter over medium heat. Whisk in the flour, salt and pepper until smooth. Gradually whisk in the milk. Bring to a boil, cook and stir for 2 minutes or until thickened.
- Heat the oil in a frying pan and sauté the onion and the garlic until soft and translucent. Add the mixed herbs, nopalitos, mushrooms, baby marrow and red pepper and sauté for a further 5 minutes. Mix the tuna through and season to taste.
- Combine the white sauce and the tuna mixture.
- For the crumb topping, cut the butter into small pieces and rub into the flour until the mixture resembles crumbs (a food processor may be used). Add the cheddar cheese and mix well.
- Pour the white sauce tuna mixture into a shallow, ovenproof dish and spread evenly. Sprinkle the crumb topping evenly over the dish.
- Bake for 25-30 minutes until light brown.
- Garnish with parsley and serve.

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