

Recipes

NO YOLKS® Quick Curried Tuna Supper

Product: NO YOLKS® Broad noodles

Prep. 20 minutes

Makes: 4 servings

Tuna and noodles get a face-lift in this Indian inspired one pot meal. It's a great way to introduce a new flavour to your family's weeknight dinner repertoire.

Ingredients

- 4 cups (1 L) NO YOLKS® Broad Noodles
- 3 cups (750 mL) small cauliflower florets (fresh or thawed if frozen)
- 1 cup (250 mL) frozen peas
- 2 tsp (10 mL) vegetable oil
- 1 small onion, chopped
- 4 tsp (20 mL) mild Indian curry paste or powder
- 3/4 tsp (4 mL) each salt and pepper
- 2 cans (170 g each) flaked light tuna
- 1 cup (250 mL) thick plain yogurt
- 1 tomato, diced
- 1/4 cup (50 mL) light mayonnaise
- 1/4 cup (50 mL) chopped fresh coriander or green onions (optional)

Directions

1. Prepare the noodles according to package directions in a large pot or Dutch oven. Add the cauliflower after 6 minutes; add the peas just before draining. Reserve in the strainer.
2. Meanwhile, set the pot over medium heat. Sauté the onion with the curry paste, salt and pepper until softened. Stir in the tuna, yogurt, tomato and mayonnaise until combined.
3. Add the noodles, cauliflower and peas. Cook, stirring, until warmed through. Remove from heat and stir in the coriander (if using).

Tips:

- Replace the Broad Noodles with NO YOLKS® Extra Broad or Dumpling Noodles.
- For extra zip, serve this quick curry with prepared mango chutney, found in the Indian section of the supermarket along with the curry paste.



Nutrients per serving

(2 cups/500 mL)

Calories	472
Fat	13 g
Saturated fat	2 g
Cholesterol	26 mg
Sodium	714 mg
Carbohydrates	53 g
Fibre	6 g
Sugars	11 g
Protein	36 g

Excellent source of vitamin C.
Good source of folate and niacin.

NO YOLKS

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