

EASY FOOD

Recipes

Tuna and rice



What you need



Serves: 1

Allow 10 minutes for preparation

1 small can of tuna
1 single serve microwavable rice
Handful of baby spinach leaves
2-3 cherry tomatoes
or ½ large tomato

Serving bowl
Chopping board
Knife + fork



Remember to wash your
hands before starting

1

Microwave rice according to packet directions and place in serving bowl



2

Open can of tuna and add to bowl



3

Cut tomatoes and add to bowl



4

Add handful of spinach to bowl and
toss all of the ingredients together



ENJOY!

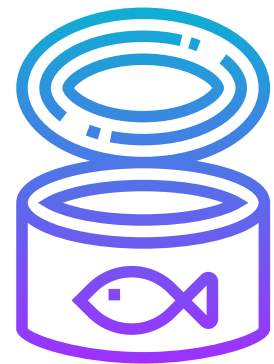


More ideas



 Microwave finished dish for another minute for a **hot meal**

Add **vegetables** like mushrooms, capsicum or avocado



Try **canned salmon** instead of tuna



Try **canned 4-bean mix** (drained) for a vegetarian option

Tuna and rice

Serves: 1

Allow: 5 - 10 minutes

What you need

1 small can of tuna

1 single serve microwavable rice

Handful of baby spinach leaves

2-3 cherry tomatoes or

½ large tomato

Serving bowl

Chopping board

Knife + fork

Method:

1. Microwave rice (according to instructions on packet) and place in serving bowl.
2. Open can of tuna and add to bowl.
3. Cut tomatoes and add to bowl.
4. Add a handful of baby spinach leaves to bowl.
5. Toss all ingredients together.
6. Microwave for a minute for a hot meal (optional).
7. Enjoy!



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Health

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