



Ingredients

1 cal oil spray
1 clove of garlic
1 onion and 1 red pepper
1 tin of peas
2-3 tins of tuna
500ml passata
125g Basmati Rice
Cajun seasoning

Method

1. Finely chop onion, pepper and garlic
2. 4 sprays of oil in a large frying pan.
3. Gently fry onion, pepper and garlic for a few mins until soft
4. Drain water from tins of tuna then add to pan with tin of peas, 125g basmati rice & passata and sprinkle Cajun seasoning
5. Bring to the boil then transfer to an oven proof dish and cook in oven on 180C for 30-40 mins