

TOMATO TUNA

RICE

LIVELIGHTER
▲
®

Prep time: 5 mins
Cook time: 50 mins
Serves: 6

Makes 30

- ▲ 3 vegetable or chicken stock cubes
- ▲ 3 cups water
- ▲ 2 x 400g cans no-added-salt diced tomatoes
- ▲ 2 ½ cups brown rice (uncooked)
- ▲ 2 x 400g cans reduced-salt corn kernels (and the liquid from the tin)
- ▲ 1 x 425g can tuna in spring water, drained
- ▲ 1 tbs ground cumin OR curry powder
- ▲ Sweet chilli OR tomato sauce, to serve (optional)
- ▲ Black pepper, to serve (optional)



- Use fresh, tinned or frozen vegies like kankong, zucchini, silverbeet, tinned corn, jarred capsicum, frozen beans, broccoli.
- Add 1 cup of grated cheese just before the end of cooking time for a cheesy twist.
- To use fresh or frozen fish, cut it into bite-sized pieces and add to the frypan for the last 5-10 minutes of cooking.



1

Add all ingredients in a very large frypan (like an electric frypan).



2

Mix together.



3

Cover and simmer for about 40 minutes or until rice is tender. Turn heat off and leave with lid on for 5-10 minutes until all the liquid has been absorbed. Serve with sauce and black pepper if you like.



To cook in the oven, bake at 200°C (or 180°C fan forced) in a covered dish for 50 minutes.

Partner:



Government of Western Australia
Department of Health



Government of Western Australia
WA Country Health Service