

# **Creamy tuna spirals (Chris Leaver)**

**Serves 4 people**

## **Ingredients**

- 1 x 185g tin tuna (drained and flaked)
- 40 g milk powder
- 1 tablespoon butter (optional)
- 100g sliced mushrooms (optional)
- 4 tablespoons chopped parsley
- 440 g pasta spirals
- 2 packets mushroom soup mix
- 150 g grated cheese

## **Method**

### **Before the tramp**

1. Wash and slice the mushrooms
2. Grate the cheese

### **On the tramp**

3. Add 1½ cups of water to the milk powder
4. Cook the pasta in salted boiling water until just cooked, drain and set aside .
5. Melt the butter in a billy, and cook the mushrooms for 2-3 minutes
6. Add the milk to mushrooms and immediately stir in the soup mix.
7. Bring to the boil, stirring constantly, then simmer gently for 5 minutes.
8. Add tuna, parsley and cooked pasta and stir until heated throughout
9. Serve with grated cheese on top.

## **Variations**

- Chopped capsicum
- Semi-dried tomatoes

## **Chef's Notes**

- Use about 110 g of pasta spirals per person

<b>Number of people</b>	<b>Two</b>	<b>Four</b>	<b>Six</b>	<b>Eight</b>	<b>Ten</b>
Tuna ( tinned)	90g tin	185g tin	275g	370g	460g
Milk powder	20g	40g	60g	80g	120g

Mushrooms	50 g	100g	150g	200g	250g
Parsley	2 tablespoons	4 tablespoons	6 tablespoons	8 tablespoons	10 tablespoons
Pasta spirals	220g	440g	660g	880g	1100g
Mushroom soup	1 packet	2 packets	3 packets	4 packets	5 packets
Grated cheese	75g	150g	225g	300g	450g