

*Tired of  
using tuna  
in a salad?*

*Look no further!  
These ideas are  
just brilliant.*

# XCentric Ideas

## **Woolworths South Africa newsflash:**

All Woolworths' branded canned tuna products are now prepared with MSC certified tuna caught in the Indian Ocean territory of the Maldives by local community fishers using only the traditional pole-and-line technique.

### **Meaning?**

Pole-and-line, also known as 'one-by-one', is a highly selective and traditional way to catch tuna, the company said in a release. A particular hook size is used to ensure that the undersized immature fish, which haven't yet had a chance to breed, can't be caught

<https://www.undercurrentnews.com/2017/03/02/woolworths-launches-south-africas-first-retail-branded-msc-canned-tuna/>



Canned tuna has lower mercury levels than tuna steaks and sushi, and two canned tuna meals a week is a safe threshold.

### **Recipes** in this issue:

*Egg roll ups with tuna*  
*Tuna Spaghetti Cake*  
*Tuna cupcake*  
*Tuna flapjacks*  
*Tuna tart 'sandwich'*  
*Tuna nachos*

# Tuna in a Can

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*Ideas : Internet  
Photo's: Alma Pretorius*

# What to do with empty tuna cans ...

*Organise your drawers*



<https://www.pgeveryday.com/home>



<https://ricedesigns.wordpress.com/2012/09/06/diy-succulents-in-a-can/>

*Perfect for a gift*

Glue the twine all around tuna can.  
Plant small cacti.

*Empty tuna can ... natural / colored clothespins ... use as candle holder or small plant holder.  
Decorate with flowers and ribbon.*



<http://themetapicture.com/how-to-use-old-objects-to-make-something-interesting/>



Photo:  
<http://ourpeacefulplanet.com/2015/03/25/5-minute-stylish-clothespin-container/>

## Egg roll ups with tuna

4 large eggs  
½ cup milk  
1 x 170g tuna in water, drained

Spices to taste  
Mayonnaise

Preheat oven to 180 °C. Grease a glass rectangular oven dish really well. Mix the eggs, milk and spices and pour into the oven dish. Bake on the centre oven rack for about 12 minutes till its all set. Remove from oven.

Mix the tuna with spices and mayonnaise.

Lightly spread the tuna mixture over the egg 'roll'. Carefully from the short side, roll up the egg roll ONLY to the centre. Cut and remove from the dish. You still have half the egg roll in the oven dish. Roll up and remove from dish.

Cut into 'sushi', stand upright on plate and serve with veg / salad / bread. *Serves 2-4.*



Recipe: Alma Pretorius

## Tuna Spaghetti Cake

250 g spaghetti  
1 onion, chopped finely  
250 g baby marrows/carrots, grated  
2 x 175 g tuna in water, drained  
1 cup cream / ¼ cup mayo + ¼ cup milk  
Herbs and spices to your liking

2 tbsp olive oil  
2 garlic cloves, finely chopped  
salt, ground black pepper  
6 extra-large eggs, whisked  
1 cup grated Cheddar cheese

Preheat oven to 180 °C. Grease a 24 cm cake tin (not one with a loose bottom) (*I used a square baking tin*) with non-stick spray and line the base with baking paper. Grease again and set aside.

Cook the spaghetti until just done and drain.

Meanwhile heat oil in pan, fry onion & garlic until soft and fragrant. Add baby marrows/carrots & stir-fry for few minutes. Season. Remove from stove. Add cooked spaghetti & tuna & spoon mixture into prepared cake tin.

Whisk together the cream /or the mayo and milk mixture and eggs. Add cheese and season with more spices. Spoon on top of spaghetti mixture and stir in.

Bake for 30 to 40 minutes or until set and done. Leave to rest for a few minutes, carefully lift it out of the cake tin & cut into wedges. Serve with big fresh salad and crispy bread or other vegetables. *Serves 4 - 6.*



## Tuna cupcake with cottage cheese 'frosting'

2 x 170g tuna in water  
½ cup kernel tin corn, drained  
2 tbsp spring onion, sliced  
1 – 2 tbsp fresh rocket, cut finely  
Salt, pepper to taste  
3 extra-large eggs  
½ cup milk  
Smooth cottage cheese  
Capers, drained (optional)



Preheat oven to 180 °C. Grease 12 muffin pan (mine was jumbo ones). Drain the tuna through a sieve in a bowl.

Mix the tuna, kernel corn, fresh rocket, spring onion, salt and pepper in a bowl. Beat the eggs and milk together and stir into the tuna mixture. Spoon into the muffin pan.

Bake for 22 minutes or till centres are set.

Let cool and remove. Pipe the cottage cheese on top of each 'cupcake' and decorate with capers.

Perfect as a starter – or serve as a main with vegetables and starches. Lovely idea for a party, although the cottage cheese 'frosting' will melt.

*You can pipe on mash instead.*

Recipe: Alma Pretorius



## Tuna flapjacks

1 x 170g can tuna, drained  
3 large egg whites  
2 tbsp oats  
Spices  
Spray & Cook

In a small blender, first blend the oats to a powder. Add the egg whites, spices and tuna and blend till smooth mixture.

Heat a cast iron pan on stove, spray with Spray & Cook. Dollop tablespoon size 'flapjacks' onto the pan, not too close together. Cook till bubbles form on the surface, carefully turn over.

Gives 12 small flapjacks. Serve with chilli jam.

Recipe: adapted from  
<https://www.fitnessstreats.com/2012/02/5-different-ways-to-eat-canned-tuna/>

# You can tune a piano, but you can't tuna fish



## Tuna tart 'sandwich'

2 large Eggs  
½ cup Milk  
Celery stalk, sliced thinly (or ½  
onion, chopped fine)  
Seasonings  
½ cup grated cheddar cheese  
1 x 170g tuna, drained  
*Cottage cheese for filling*  
*Crushed peas for filling*

Preheat oven to 180 °C. Beat eggs and milk together. Mix in with tuna, celery, grated cheese and seasonings. Pour into square glass oven dish (21 cm x 21 cm)\* and bake for 20 minutes till set. Let cool in dish for 5 minutes.

Cut into triangles, remove carefully from baking sheet. Spread filling on a triangle, place another triangle on top and serve.

### *Filling:*

Use chunky / smooth cottage cheese as filling  
Use crushed canned peas as filling

**\*Its important to have this 'tart' not too thick. This serves 2 'sandwiches'. If you want more, double the quantities and pour the mixture into a baking paper lined baking sheet.**

Idea: The Silver Teaspoon, Weltevreden Park. Recipe: Alma Pretorius



## Tuna nachos

1 tin tuna, drained  
Mayonnaise  
Ketchup  
Chillies (optional)  
Spices  
1 x big bag Dorito chips  
Feta cheese, crumbled  
Jalapeno slices, optional  
Cheddar cheese, grated

Preheat oven to 200 °C. On a baking sheet, pack the Dorito chips, laying them next to each other.

Mix the drained tuna with mayo, ketchup, garlic, chillies, spices & spoon over the Doritos. Place jalapeno slices on top, sprinkle feta crumbs & cheddar cheese. Bake in oven for about 10 minutes or till cheese is melted and edges of Doritos brown.

Recipe: Alma Pretorius