

CHEESY TUNA ROLL-UPS

Serves 8

INGREDIENTS

For the pancakes:

- 1 cup self-raising flour
- 2 large eggs
- 1¼ cups milk

For the cheesy tuna roll-ups:

- 2 tins (340g each) Lucky Star Light Meat Shredded Tuna in Water, Salt Added
- ½ cup mayonnaise
- 2 tbsp chopped chives
- ¼ tsp each salt and pepper
- 1 cup store-bought cheese sauce
- 1 cup grated mozzarella cheese

Serving suggestion:

Chopped chives

METHOD

1. Preheat the oven to 180°C and grease a medium baking dish that has raised sides.

For the pancakes:

2. Sieve the flour into a medium bowl and make a well in the centre of the flour. Add the eggs and milk and using an electric mixer, beat until smooth and lump-free.
3. Heat a greased medium sized pan over medium-low heat. Using a soup ladle, pour the batter into the heated pan and gently tilt the pan until the batter is evenly spread. Cook for 2-3 minutes per side until they are slightly golden on the edges. Place the cooked pancake on a plate, repeat until the batter is finished, then cover and set aside. **Chef's Tip: These pancakes can be made a day in advance!*

For the cheesy tuna roll-ups:

4. In a large bowl, add the Lucky Star Light Meat Shredded Tuna in Water, Salt Added. Add in the mayonnaise, chives, salt and pepper. Stir carefully to combine.
5. Add 3 tablespoons of the tuna filling down the centre of the first pancake. Roll up the pancake and place in the baking dish. Repeat with the rest of the pancakes.
6. Pour the cheese sauce over the pancakes and sprinkle the mozzarella on top. Bake in the oven for 18-20 minutes or until the cheese turns golden brown and crispy.
7. To serve, garnish with fresh chives and ENJOY!



PILCHARD PANCAKE CAKE

Serves 8

INGREDIENTS

For the pancakes:

- 1 cup self-raising flour
- 2 large eggs
- 1¼ cups milk

For the pilchard pancake cake:

- 1½ tins (400g each) Lucky Star Pilchards in Tomato Sauce
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 4 tomatoes, chopped
- 1 tsp curry powder
- ¼ cup coriander leaves, roughly chopped
- ½ tsp each salt and pepper
- 1½ cups grated cheddar cheese

Serving suggestion:

Fresh coriander sprigs

METHOD

1. Preheat the oven to 180°C. Line a round cake tin (20cm) with baking paper.

For the pancakes:

2. Sieve the flour into a medium bowl and make a well in the centre of the flour. Add the eggs and milk and using an electric mixer beat until smooth and lump-free.
3. Heat a greased medium sized pan over medium-low heat. Using a soup ladle, pour the batter into the heated pan and gently tilt the pan until the batter is evenly spread. Cook for 2-3 minutes per side until slightly golden on the edges. Place the cooked pancake on a plate, repeat until the batter is finished, then cover and set aside.

For the pilchard pancake cake:

4. Remove and discard the pilchard bones with a fork. Flake the pilchards and set aside.
5. In an oiled pan, sauté the onion until soft and lightly golden. Add in the garlic and sauté for 30 more seconds.
6. Add in the tomatoes, curry powder and chopped coriander. Stir in the reserved pilchards sauce, cover the pot with a lid and simmer for 8-10 minutes. Season to taste with salt and pepper.
7. Add the pilchards and allow to cook slightly, about 5 minutes.

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- A decorative border of various food icons in a simple, hand-drawn style, including items like cheese, mushrooms, bread, and vegetables, surrounding the central text.
8. Layer the bottom of the cake tin with a pancake. Add a layer of the pilchard mixture, then sprinkle over $\frac{1}{2}$ cup of cheese. Repeat with the remaining pancakes, pilchards and cheese and bake the pilchard pancake cake for 20-25 minute. Allow to cool slightly before slicing into 8 portions. **Chef's Tip: The dish will hold its shape better if cooled slightly before slicing.*
 9. To serve, garnish with fresh coriander sprigs and ENJOY!