



EGG NOODLE & TUNA CASSEROLE



Product: All-Bran Flakes® cereal

Pack Size: 6 X 1 KG

Order Code: 70140 (000 64100 00949 3)

Preparation Time: 30 minutes

Cooking Method: Bake

Serving Utensil: 8 oz spoodle

Serving Suggestions: Serve with garden salad & vinaigrette dressing and a wholegrain buttered roll.

Yield: 25 servings

Portion: 250 mls/1 cup (221 g/8 oz)

Ingredients:

Nutrition Facts	
Calories	410 Kcal
PRO	29 g
Chol	85 mg
Total Fat	17 g
Sat Fat	7 g
Trans Fat	0 g
CHO	37 g
Dietary Fibre	4 g
Total Sugars	4 g
Sodium	650 mg
Potassium	500 mg
Calcium	250 mg
Iron	3.5 mg
Vit A	0.1 mg
Vit C	6.36 mg

Steps	Ingredients	25 servings	
		Metric	Imperial
1	Egg noodles, dry wt.	800 g	1 lb 12 oz
2	Flaked Tuna, packed in water, well-drained	1.250 kg	2 lbs 12 oz
2	Cream of Mushroom Soup, Reduced Sodium, condensed	1.125 L	36 oz.
2	Cheddar Cheese, shredded	685 g	16 oz.
2	Milk, 2% M.F.	330 ml	11 oz
2	Thyme	15 ml	1 Tbsp
2	Green Peas, frozen	304 g	11 oz
3	Celery, fined diced, fresh	570 g	1 lb 4 oz
3	Red Peppers, finely diced, fresh	110 g	4 oz
4	All-Bran Flakes® cereal	204 g	1.5 Qt
4	Margarine, melted	125 ml	1/2 cup



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Preparation Steps:

Wash hands before, during, and after preparation. Clean and sanitize surfaces and equipment.

1. Preheat convection oven to 177°C/350°F. Fill a stockpot with water and bring to a boil. Add Egg Noodles and bring to a boil. Turn heat down and cook until the noodles are al dente. Drain pasta and set aside for later steps.
2. Meanwhile, while the noodles are cooking add the Flaked Tuna to a large bowl. Add Cream of Mushroom Soup, Cheddar Cheese, Milk, Green Peas, Celery, and Red Peppers. Stir gently.
3. Add the cooked egg noodles to the tuna mixture. Transfer to a greased full-size insert pan, 2 ½ inch deep and spread evenly.
4. Place the **All-Bran Flakes® cereal** in a food processor and blend until crumbly/pea-size pieces. Transfer to a small bowl, add one quarter of the remaining shredded Cheddar Cheese and mix in the melted Margarine. Top the tuna noodle mixture with the cereal topping. Cover with aluminum foil and place in oven.
5. Bake for ~ 30-40 minutes or until the internal temperature reaches 70°C/158°F for at least 15 seconds. May remove the foil for the last 5-10 minutes to lightly brown the top of the casserole.

CCP-Maintain: Product held at >60°C/140°F. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

CCP-Cool: Product must reach 60°C/140°F to 21°C/70°F within 2 hours and 21°C/70°F to 4°C/40°F within 4 hours.

CCP-Reheat: To internal temperature of 74°C/165°F within 2 hours held for at least 15 seconds – one time only.

NOTE: Refer to local or regional public health regulations for any hot holding time limits.

In keeping with good allergy practices, we remind you to be aware of allergens and to check labels on any packaged goods used. This recipe has been created with the suggestion of using Kellogg's® cereal products. Results with other products may vary.