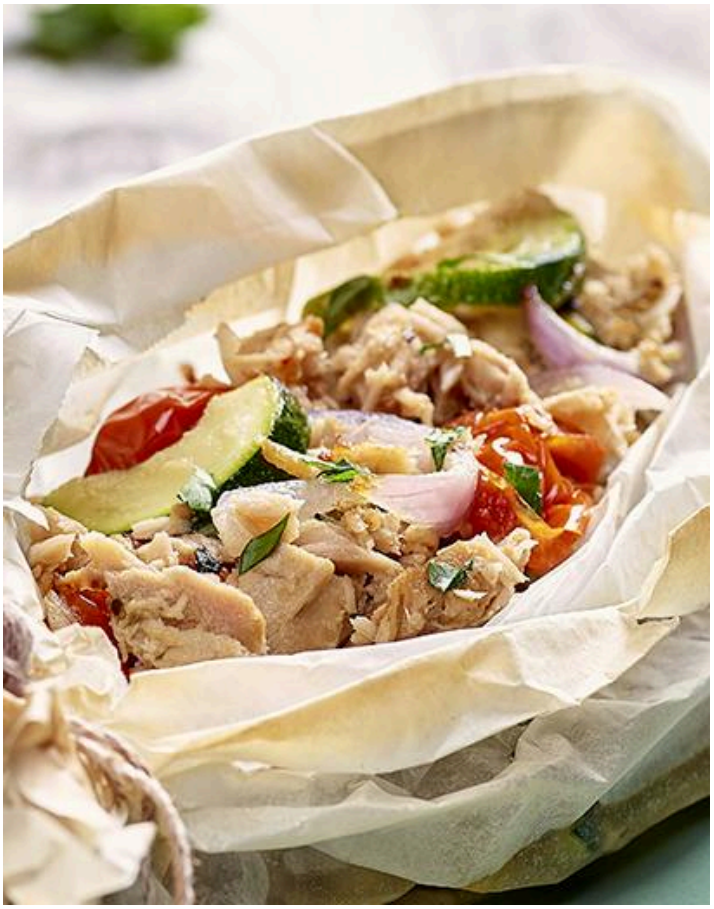
Tuna and garlic in parchment paper





2 people | 5 min preparation time | 15 min cooking time

All ingredients

1 tin of 180g la belle-iloise tuna with garlic
8 cherry tomatoes (80g)
1/2 red onion (25g)
1/3 courgette (50g)
100g rice
1 teaspoon chopped parsley

Steps

1- In a bowl: the tuna flaked with a fork with its oil, the cherry tomatoes cut in half, the thinly sliced onion, the courgette cut in half lengthwise and then thinly sliced, and a pinch of salt and pepper
2- Preheat the oven to 220°C
3- Put the rice on to cook
4- Divide the mixture between two sheets of parchment paper, sprinkle with parsley and fold up the paper
5- Bake in the oven for 15 min
6- Serve the paper parcels with the rice