



**Gasmate**

## JAFFLE - TUNA PARCELS



These are a great healthy lunch or snack to have on hand which can be eaten hot or cold any time. Served with a salad you have a great satisfying meal and alternative to a meat meal.

Serves: 4-6 people /  
makes 5-6 jaffles  
Prep Time: 10 mins to prepare  
meat plus jaffle cooking

|            |                                      |
|------------|--------------------------------------|
| 370g       | Canned tuna                          |
| 5-6 sheets | Puff pastry defrosted                |
| ½ cup      | Corn kernels                         |
| ½ cup      | Peas                                 |
| 2 cups     | Shredded tasty cheese                |
| 2 tbsp     | Tomato paste                         |
| 2          | Eggs beaten                          |
| ½ tsp      | Salt                                 |
| 2 tbsp     | Black pepper to taste                |
|            | Canola oil for cast iron jaffle iron |

### Directions:

1. In a bowl combine well tuna (including oil), corn kernels, peas, shredded tasty cheese, tomato paste, egg, salt and pepper.

### To make jaffles:

1. Spray cast jaffle iron on both sides with canola oil.
2. Cover one side with puff pastry, allowing some over the edge.
3. Spread tuna mixture evenly on pastry and then dab water around the edges using a pastry brush or your finger.
4. Cover the mixture with another piece of puff pastry pressing down on the edges.
5. Close jaffle iron and trim edges with a knife.
6. Place the jaffle iron over medium on a camping stove gas burner or BBQ burner. It will need approx 3 minutes on each side however check after a couple of minutes until you get the hang of it.
7. Once brown on each side remove from jaffle iron and cut to preferred size.

### Tips & Serving Suggestions:

- Any vegetables can be added such as spinach, grated carrots or grated zucchini.
- For vegetarian option replace tuna with a mix of feta and ricotta.
- For spicy hit add sriracha sauce or any chilli based sauce to the tuna mix.

THE OUTDOORS MADE EASY.