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Peter's Tantalising Tuna

Ingredients

2 cans of tuna (in vegetable oil)
2 large onions – sliced or chopped
2 medium tomatoes
4 green chillies
1 tsp red chili powder
1/2 tsp dhania (coriander) powder
1/2 tsp jeera (cumin) powder
1/2 tsp haldi (tumeric) powder
6 bay leaves (optional)
2 tbsp vegetable oil (or less if needed)

Preparation

- 1 In a frying pan, heat the oil from the tuna cans along with some vegetable oil (if needed) on medium heat.
 - 2 Saute the onions for a few minutes or till it becomes slightly translucent.
 - 3 Then add the chillies and the masala (spices) powders, and bay leaves (optional) and fry for a few minutes.
 - 4 After that lower the flame a little and add the tomatoes. Mix it around.
 - 5 Then add the tuna meat and allow it to cook for 5 to 10 minutes. Stir occasionally.
 - 6 You can moisten the dish by adding a little water and mixing it gently – so as to not break the bigger tuna meat chunks.
 - 7 Serve hot on warm toasted bread.
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