

Posted on 19 August 2013

by Chris Arcilla

Tasty Tuna Salad



Ingredients

Tuna – light meat
Mixed vegetables (frozen packed)
Evaporated milk
Onion
Garlic
Oil
Pepper (powder)
Salt
Quail Eggs
Frozen shrimp
Mushroom

Preparation

1. Sauté garlic and onion in a pan.
2. In a small bowl, put together all vegetables and set aside.
3. Add tuna in the pan and stir up to 5 minutes.
4. Put the vegetables in the pan and continue stirring up to 3 minutes.
5. Add the milk and stir up to 10 minutes until slightly dried.
6. Remove from pan and serve hot with steamed rice.

Cooks Note