



TRANSFORMED TUNA CASSEROLE

Source: From Scratch Sensations – A Recipe from Bianca's Early Kitchen Journals

Prep Time: 30 minutes | Cook Time: 15min (plus resting time) | Yield: Serves 6-8

Recipe Description

A modern and sophisticated take on the beloved tuna casserole. Featuring tender poached tuna steaks, sautéed mushrooms, and a creamy thyme-scented sauce, this dish is baked to golden perfection with a cheesy, crispy panko topping. Rich, cozy, and completely customizable — this casserole is comfort food, transformed.

Directions

- 1/2 cup Italian Herb Panko (plain if preferred)
- 1-1 1/4 pounds tuna steaks (2 lg steaks)
- 1 Tbsp olive oil
- 4 Tbsp butter, divided
- 1 small onion, chopped
- 1 lb button mushrooms, roughly chopped
- Salt and pepper, to taste
- 1 1/2 tsp ground thyme
- 1 tsp dried oregano
- 1 tsp garlic powder
- 2 Tbsp all-purpose flour
- 1 1/2 cups chicken stock
- 1/2 cup heavy cream or half-and-half
- 1/4 cup white wine (or more stock)
- 1 cup baby frozen peas
- 1 pound egg noodles, cooked al dente
- 1 cup grated Parmesan, divided
- Shredded cheddar cheese (optional, for topping)
- Chopped fresh parsley, for garnish



Directions

1. Preheat oven to 425°F.
2. Place tuna steaks in a skillet and add enough broth to cover. Bring to a boil, then reduce to a simmer. Cover and poach for 10–12 minutes. Set aside to cool.
3. Meanwhile, boil egg noodles in salted water, cooking 1 minute less than package directions. Drain and set aside in a large mixing bowl.
4. Flake cooled tuna with a fork.
5. Heat olive oil in a skillet over medium heat. Add onions, mushrooms, thyme, oregano, garlic powder, salt, and pepper. Sauté for 5–8 minutes until softened.
6. Add 2 Tbsp butter and sprinkle in flour, stirring to coat the mushrooms. Cook for 1 minute.
7. Whisk in chicken stock and cream. Simmer until thickened. Add white wine and simmer 1 more minute.
8. Remove from heat. Stir in flaked tuna, frozen peas, and 1/2 cup grated Parmesan.
9. Pour sauce over noodles and fold gently to combine.
10. Transfer mixture to a 9x13 baking dish. Top with panko, remaining 1/2 cup Parmesan, and shredded cheddar if using. Dot the top with remaining butter.
11. Bake for 10–15 minutes or until the top is golden. Let rest 5 minutes before serving.
12. Garnish with fresh parsley and serve warm.

Notes

- Fresh tuna adds a cleaner, softer texture than canned.
- Add extra cheese or swap cheddar for Gruyère or mozzarella.
- Substitute breadcrumbs for panko if desired.
- Omit the wine by adding more stock if needed.