Tuna Casserole

DIALED

basis cream of mushroom soup = 580 g

	Ingredient	Grams	Baker's	Total	Method
1	butter garlic, minced onion, diced celery, diced	8.0 8.0 170 110	1.4% 1.4% 29.3% 19.0%	0.35% 0.35% 7.4% 4.8%	Saute ingredients for ***5-10 minutes*** until softened but not browned.
2	frozen peas	200	34.5%	8.7%	Add peas and saute until thawed.
3	cream of mushroom soup canned tuna, chunk whole milk	580 300 300	100.0% 51.7% 51.7%	25.3% 13.1% 13.1%	Stir in liquids and mix until combined. Remove from heat.
4	macaroni	450	77.6%	19.6%	Cook macaroni according to package, but cook slightly underdone, remove about a minute from the cooking time. Strain.
5					Add noodles to sauce mixture in casserole pan.
6	panko bread crumbs butter, melted cheddar, grated	55.0 40.0 70.0	9.5% 6.9% 12.1%	2.4% 1.7% 3.1%	Combine topping ingredients and then evenly spread over casserole.
7					Cook at ***190 °C*** for ***30-40 minutes*** until top is nicely browned.
	Total	**2291**	395.0%	100.0%	