**A slice of pizza on a tray

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**Gluten Free Tuna, Sweetcorn & Spring Onion Flan  
Recipe shared courtesy of Rebecca Kibbler**

**Ingredients**

-Gluten Free Plain Flour  
-Butter  
-Quarter Pint of Milk  
-1 Can of Tuna  
-1/2 Can of Sweetcorn  
-2 Spring Onions  
-Mature Cheese  
-Salt

Step 1 – Make the pastry by adding 4 tablespoons of butter to 6 tablespoons of Gluten Free plain flour. Kneed the mixture together in a mixing bowl, adding a small amount of water to bind. If your mixture is too wet add more flour. If too dry add a small amount of water.

Step 2 – Sprinkle your surface with flour, turn your pastry out of your bowl and roll it out until flat. Lay it in your baking trey and blind bake on a low heat in the centre of the oven until the pastry is partially cooked on the bottom. This helps prevent a soggy bottom.

Step 3 – To make your filling grate cheese to taste, and add 2 eggs, 1 can of tuna, ½ can of sweetcorn, 2 chopped spring onions and a quarter of a pint of milk. Mix the ingredients well and add a pinch of salt. You can also add pepper at this stage if desired.

Step 4 – Once your pastry bottom has partially cooked add your filling. Gently mix to evenly distribute the filling in the pastry case and place your flan back in the oven to cook on a low-medium heat until completely set.