



# UCCOOK

## Miso Tuna Pasta

with spicy cheese & breadcrumbs

**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 874kJ    | 2386kJ      |
| Energy             | 209kcal  | 571kcal     |
| Protein            | 8.4g     | 23.1g       |
| Carbs              | 36g      | 99g         |
| of which sugars    | 3.7g     | 10.1g       |
| Fibre              | 2g       | 5.6g        |
| Fat                | 3g       | 8.2g        |
| of which saturated | 1.1g     | 2.9g        |
| Sodium             | 267mg    | 730mg       |

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Fish

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                          |
|----------|------------|----------------------------------------------------------------------------------------------------------|
| 100g     | 200g       | Linguine Pasta                                                                                           |
| 20ml     | 40ml       | Panko Breadcrumbs                                                                                        |
| 20ml     | 40ml       | Spicy Cheese<br>(15ml [30ml] Grated<br>Italian-style Hard Cheese<br>& 5ml [10ml] Dried Chilli<br>Flakes) |
| 1        | 2          | Tuna Steak/s                                                                                             |
| 15ml     | 30ml       | Self-raising Flour                                                                                       |
| 1        | 1          | Garlic Clove<br>peel & grate                                                                             |
| 100ml    | 200ml      | Full Cream UHT Milk                                                                                      |
| 15ml     | 30ml       | Miso Paste                                                                                               |
| 20g      | 40g        | Spinach<br>rinse                                                                                         |
| 10ml     | 20ml       | Lemon Juice                                                                                              |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter

**1. PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserve the pasta water, and toss through a drizzle of olive oil.

**2. GOLDEN CRUMBS** Place a pan over medium-high heat with a knob of butter and a drizzle of oil. Once melted, add the breadcrumbs and toast until lightly golden, 1-2 minutes. Remove from the pan and mix in the spicy cheese.

**3. TUNA** Return the pan to high heat with a drizzle of oil. Pat the tuna dry with paper towel. When hot, sear the fish until golden, 10 seconds per side. Remove from the pan. Using two forks, gently shred the tuna, and season.

**4. CREAMY MISO MOMENT** Place a pot over medium heat with 10g [20g] of butter. Once melted, vigorously whisk in the flour and the garlic to form the roux. Cook out for 1-2 minutes, stirring constantly. Slowly whisk in the milk and 100ml [200ml] of the reserved pasta water until the sauce thickens slightly. Whisk in the miso. Add the tuna, and the pasta until warmed through, 1-2 minutes. Loosen with a splash of water if it's too thick. Mix in the spinach, remove from the heat, and season.

**5. TIME TO DINE** Bowl up the miso pasta, drizzle over the lemon juice (to taste), and sprinkle over the spicy cheesy breadcrumbs. Dig in, Chef!

## Chef's Tip

When making miso pasta, never add miso directly to the pan—it can clump or burn. Instead, whisk it into a bit of the reserved pasta cooking water to create a silky, emulsified sauce that clings to the pasta.