



UCCOOK

Tuna & Spinach Pasta

with a spicy Italian-style cheese sprinkle

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Hellen Mwanza

Wine Pairing: Sophie Germanier Organic | Chardonnay Organic

Nutritional Info	Per 100g	Per Portion
Energy	614kJ	2181kJ
Energy	143kcal	508kcal
Protein	10.9g	38.6g
Carbs	20g	70g
of which sugars	1.8g	6.5g
Fibre	1g	3.6g
Fat	2.4g	8.6g
of which saturated	1.2g	4.1g
Sodium	126mg	447mg

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

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225g	300g	Orecchiette Pasta
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Dried Oregano
45ml	60ml	Cake Flour
300ml	400ml	Full Cream UHT Milk
120g	160g	Spinach <i>rinse</i>
3 cans	4 cans	Tinned Tuna Chunks <i>drain</i>
60ml	80ml	Spicy Cheese <i>(45ml [60ml] Grated Italian-style Hard Cheese & 15ml [20ml] Dried Chilli Flakes)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

1. AL DENTE PASTA Preheat the oven to 200°C. Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 12-15 minutes (shifting occasionally so the pasta doesn't stick together). Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. TASTY TUNA IN BECHAMEL Place a pan over medium heat with 60g [80g] of butter. Once melted, fry the garlic and ½ the oregano until fragrant, 1-2 minutes. Vigorously whisk in the flour to form the roux. Cook out for 2-3 minutes, stirring constantly. Slowly whisk in the milk until the sauce thickens slightly. If the béchamel is too thick for your liking, add an extra splash of water. Toss through the spinach, the pasta, the tuna, and seasoning. Loosen with the reserved pasta water until your desired consistency and simmer until warmed through, 3-4 minutes.

3. SAY CHEESE, CHEF! Dish up the tuna pasta. Sprinkle over the spicy cheese. Garnish with the remaining oregano. Enjoy!