

# WCOOK

## Tuna & Spinach Pasta

with a spicy Italian-style cheese sprinkle

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Simple & Save:** Serves 1 & 2

**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:

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Serves 1	[Serves 2]	
75g	150g	Orecchiette Pasta
1	1	Garlic Clove <i>peel &amp; grate</i>
5ml	10ml	Dried Oregano
15ml	30ml	Cake Flour
100ml	200ml	Full Cream UHT Milk
40g	80g	Spinach <i>rinse</i>
1 can	2 cans	Tinned Tuna Chunks <i>drain</i>
20ml	40ml	Spicy Cheese <i>(15ml [30ml] Grated Italian-style Hard Cheese &amp; 5ml [10ml] Dried Chilli Flakes)</i>

## From Your Kitchen

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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, 10-12 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 20g [40g] 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 1-2 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, 2-3 minutes.

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