



UCCOOK

Miso Tuna Pasta

with spicy cheese & breadcrumbs

Hands-on Time: 25 minutes

Overall Time: 35 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 (15ml [30ml] Grated Italian-style Hard Cheese & 5ml [10ml] Dried Chilli Flakes)
1	2	Tuna Steak/s
15ml	30ml	Self-raising Flour
1	1	Garlic Clove <i>peel & grate</i>
100ml	200ml	Full Cream UHT Milk
15ml	30ml	Miso Paste
20g	40g	Spinach <i>rinse</i>
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.