

WCOOK

Miso Tuna Pasta

with spicy cheese & breadcrumbs

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	699kJ	3091kJ
Energy	167kcal	739kcal
Protein	13.6g	60g
Carbs	23g	100g
of which sugars	2.3g	10.2g
Fibre	1.3g	5.9g
Fat	2g	9g
of which saturated	0.7g	3.2g
Sodium	170mg	752mg

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

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Linguine Pasta
60ml	80ml	Panko Breadcrumbs
45ml	60ml	Grated Italian-style Hard Cheese
15ml	20ml	Dried Chilli Flakes
450g	600g	Line-caught Tuna Steaks
45ml	60ml	Self-raising Flour
2	2	Garlic Cloves <i>peel & grate</i>
300ml	400ml	Full Cream UHT Milk
45ml	60ml	Miso Paste
120g	160g	Green Leaves <i>rinse</i>
30ml	40ml	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, 2-3 minutes. Remove from the pan and combine with the cheese and chilli flakes (to taste).

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 30g [40g] 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 300ml [400ml] of the reserved pasta water until the sauce thickens slightly. Whisk in the miso. Add the tuna, the pasta, and the spinach. Cook until the spinach is wilted, 3-4 minutes. Loosen with a splash of water if it's too thick 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.