

Recipe

CREAMY TUNA PASTA



SHOP NOW



DELIVERING MORE FOR LESS
www.1uponline.co.za



Ingredients:

- Your fave Fatti's & Moni's pasta (I used penne)
- 2 cans tuna (drained)
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup frozen peas
- 250ml Fair Cape cream
- Mixed herbs
- Salt + pepper
- 1 tbsp olive oil

Ingredients:

Cook the Pasta:

Bring a large pot of salted water to a boil.
Add a dash of oil and your pasta.
Cook until al dente.
Drain and set aside.

Start the Sauce:

Heat olive oil in a pan over medium heat.
Add chopped onion and garlic.
Sauté for 3–5 minutes until soft and fragrant.
Add the Veg:

Stir in frozen peas.

Cook for 2–5 minutes until tender and bright green.

Make it Creamy:

Pour in the cream.

Season with mixed herbs, salt, and pepper.
Let it simmer gently until the sauce thickens, about 5 minutes.

Combine Everything:

Add cooked, drained pasta to the sauce.
Toss to coat every piece.
Gently fold in the tuna, keeping the flakes nice and chunky.

Serve:

Dish up hot and enjoy your creamy, comforting pasta – dinner in less than 30 minutes!



SHOP NOW



DELIVERING MORE FOR LESS
www.1uponline.co.za

