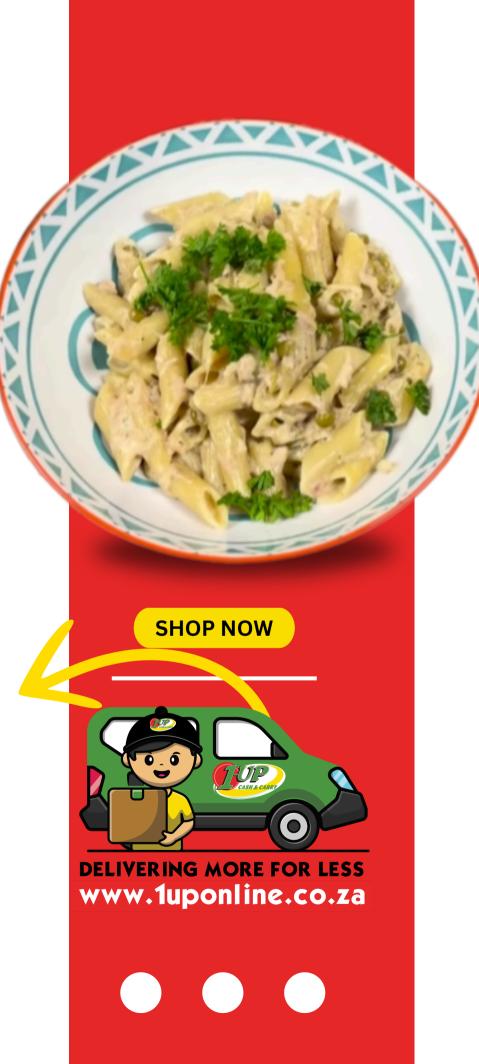
Recipe

CREAMY TUNA PASTA







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!

