



CREAMY TUNA & MUSHROOM PASTA

Serves 4 | Serves of Veg 3 | 0:15 Prep | 0:35 Cook



NUTRITION PANEL

NUTRITION INFORMATION		
Servings per package: 4		
Serving size:	450 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2250 kJ	501 kJ
Protein	51 g	11.3 g
Fat, total	25.5 g	5.7 g
- saturated	12.8 g	2.9 g
Carbohydrate	21.5 g	4.8 g
- sugars	3 g	0.7 g
Sodium	2660 mg	592 mg



SHOPPING LIST

- Short Pasta (personal preference)
- Olive Oil
- Mushroom
- Rosemary
- Italian Herbs
- Grated Parmesan
- Baby Spinach
- Salt & Pepper
- Vege Stock Powder
- Butter
- Garlic
- Chilli Flakes
- Thickened Cream
- Lemon
- Canned Tuna

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Ingredients

- 250g uncooked short pasta, see notes
- 1 tbsp butter
- 1 tbsp olive oil
- 2 tsp vegetable powder
- 500g mushroom, sliced
- 4 cloves garlic, pressed or minced
- 1 tbsp rosemary, finely-chopped
- ¼ tsp crushed red pepper flakes
- 1 tsp Italian herbs
- ½ cup light thickened cream
- ½ cup grated parmesan, plus extra for garnish
- 1 small lemon, zested & juiced
- 2 large handfuls fresh baby spinach
- 1 large can tuna (spring water or olive oil) drained
- Salt & pepper

Recipe Steps



1. Bring a large stockpot, with handful of salt to boil.
2. Cook **short pasta**, about 10 mins or until al dente. Reserve 1 cup of the starchy, pasta water. Whisk in **vegetable powder** into the reserved pasta water. Drain pasta once cooked.
3. While the pasta water boils, heat a deep fry-pan to medium heat. Melt **butter & olive oil**. Sauté **sliced mushroom** for 6-8 mins, stirring occasionally until golden brown.
4. Add minced **garlic, finely chopped rosemary, Italian herbs & crushed red pepper flakes** (optional). Sauté for further 2 mins.
5. Pour in **thickened cream, ½ reserved pasta water with vegetable stock, grated parmesan, lemon juice & zest**. Stir everything together & bring to simmer
6. Add **drained tuna**, breaking it up. Add **cooked pasta** & fold in **baby spinach**. If pasta seems at all dry; add the **remaining ½ cup vegetable stock pasta water**. Check seasoning for personal preference.
7. Serve hot with extra grated parmesan

Recipe Notes

- **Suggested 'Short' pastas** for this recipe: penne, farfalle (bowties), bucatini, macaroni, fusilli (spirals) or conchiglie (small shells).
- **Not a fan of tuna? Need a protein alternative?** lean beef meatballs, grilled chicken breast, fold in cottage cheese or can of chickpeas all work great.
- **Bake me!** Pour into baking tray, add extra cheese & bake for 15 minutes in hot oven until golden