

Tuna & Onion Pasta

Tuna pasta - a store cupboard classic, but this is completely transformed by cooking a large amount of red onion slowly, so it becomes sweet, soft and very delicious!

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Let's get cooking

1. Put a medium sized pot of water, with 1 tbsp of salt on the hob on a high heat and bring to a boil. This is for the pasta which we will return to at step 5.
2. Peel the onions, chop in half and cut into thin slices.
3. Put a frying pan over a low heat and add 3 tbsp of oil. Add the onion, 1 tsp of salt, 1/2 tsp of pepper, and cook until it becomes soft and looks milky. If it starts to brown you can add a dash of water, this helps to make the mix soft too. This should take around 10/15 mins. Chop the cloves of garlic and add.
4. Drain the tuna and add this to the onion mix. Give it a good stir and add a squeeze of lemon juice if you have some. A dash of vinegar works well too. Remember to taste it at this point! Is the onion cooked enough? Do you need to add more salt?
5. When the water is boiling add the pasta and cook for around 8 mins, or according to the package instructions. Taste a piece of the pasta, it should be soft but not mushy.
6. Add 2 tbsp of the pasta's boiling water to the pan with the tuna and onions. This is important as the starchy water will help to bring everything together. Drain and add the pasta to the onion and tuna mix. Keep the pan on a low heat and give it a really good mix, to bring everything together.
7. Serve and tuck in!

Feeds 4

Meal kit contains: tuna; pasta; onion; garlic

Allergens: fish; gluten

Date packaged: / /

Use by: / /

Ingredients:

500g pasta
2x tins of tuna
4 red onions
2 cloves of garlic

Extra ingredients you will need:

Oil or butter
Salt
Pepper
Lemon (optional)

Enjoy!