



Baked Tuna Pasta with Sourdough Parmesan Crumb

Preparation Time: 10 mins

Cooking Time: 30 mins

Serves: 4

Difficulty: Easy

INGREDIENTS

2 x 12oz/340g cans of tuna in water
drained
Box of penne pasta
6 tablespoons butter
1 brown or yellow onion diced
5 oz/140g feta cheese
2 cloves of garlic minced
½ cup freshly grated parmesan
½ heavy cream
½ cup sour cream
6 slices of sourdough bread (large)
1 teaspoon dried tarragon
Sea salt & pepper
1 tablespoon Italian parsley chopped

Note:

In lieu of cream and sour cream, you can make a cream sauce using butter and flour. Lightly flour onions until well coated, then add water gradually until sauce thickens.

DIRECTIONS

1. Preheat oven to 350f/180c
2. In a large pan, melt 4 tablespoons of butter, and sauté onions on medium to high heat until softened.
3. In separate pot, boil penne pasta.
4. Reduce heat to low-medium, and add garlic, stirring quickly.
5. Add cream, sour cream, and tarragon, mixing well until combined.
6. Add tuna and feta cheese, stirring until feta melts. Season with salt and pepper.
7. Add pasta, mix through well.
8. In a food processor, add sourdough bread and process until fine texture.
9. In a baking dish, add the tuna pasta mix.
10. Wipe out large pan and return to stove. Melt 2 tablespoons of butter on medium heat and add bread crumb and parmesan. Mix well and continue stirring until bread crisps up.
11. Top the tuna pasta evenly with breadcrumb-parmesan mix. Dress with chopped Italian parsley.
12. Bake in oven for 20 minutes or until hot.
13. Serve with steamed broccoli, baby carrots, and sautéed asparagus. Or just eat as is.