

DINNERLY



⚡ FAST

Creamy Tuna Pasta with Celery and Spinach



20-30 minutes



4 Servings

Food fads come and go but in our book, you just can't beat the classics. And here's a combo that never, gets old; tender butterfly pasta, wilted spinach, flakes of tuna and a rich, creamy sauce to hold it all together.

WHAT WE SEND

- 300ml thickened cream⁷
- 2 celery stalks
- 1 onion
- 425g tuna⁴
- 400g farfalle pasta¹
- 140g baby spinach leaves

WHAT YOU NEED

- garlic clove
- olive oil
- salt and pepper

TOOLS

- large frypan
- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Fish (4), Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 950kcal, Fat 53.3g, Carbs 73.1g, Proteins 42.1g



1. Prep ingredients

Bring a large saucepan of salted water to the boil for the pasta. Finely chop the **onion**. Crush or finely chop **3 garlic cloves**. Thinly slice the **celery**. Drain the **tuna**, reserving **2 tbs tuna oil**.



2. Cook pasta

Cook the **pasta** in the pan of boiling water for 10-12 mins until the pasta is al dente. Drain, then return to the pan.



3. Cook aromatics

Meanwhile, heat **2 tbs olive oil** in a large frypan over medium heat. Add the **onion, garlic** and **celery**, season with **salt and pepper** and cook, stirring, for 5 mins or until softened.



4. Add tuna and cream

Add the **tuna**, reserved **tuna oil** and the **cream** to the pan. Bring to a very gentle simmer and cook for 3-4 mins until warmed through.



5. Serve up

Add the **spinach leaves** and stir for 1-2 mins until just wilted. Remove the pan from the heat. Stir through the **pasta**, taste, then season with **salt and pepper**. Divide among bowls and enjoy.



6. Make it cheesy

Add some grated cheddar, tasty or parmesan cheese for a cheesy take, or squeeze over lemon juice for a burst of freshness.