Sicilian Tuna Pasta

Ingredients

Supplier	Supplier Code	Ingredient	Unit Measurement	Quantity Use 10 portions
Bidfood	70490	Penne Pasta	Grams	750
Bidfood	07627	Capers	Grams	150
Bidfood	71266	Cherry Tomatoes	Grams	1250
Bidfood	70348	Oregano	Grams	01
Bidfood	11958	Tuna Chunks	Grams	400
Bidfood	13686	Olive Oil	Grams	40

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.

Most products are available on the NHS Supply Chain Multi-Temperature Distribution (MTD) framework

Method:

- Cook the pasta in a pan of boiling salted water according to the packet instructions then drain reserving a cup of the pasta cooking water.
- Meanwhile, place a large non-stick frying pan on a medium-high heat with the olive oil. Add the capers, fry until super-crispy, then scoop out and put aside, leaving the fragrant oil behind.
- Halve then add the tomatoes and cook until blistered, then sprinkle in most of the oregano.
- Drain and flake in the tuna,
- Toss the pasta into the tuna pan, with the tomatoes and oregano, loosening with a splash of reserved cooking water, if needed. Ensure the core temperature has reached at least 75°C.
- Taste, season with sea salt and black pepper, then place into a bowl. Sprinkle over the crispy capers and the remaining oregano and serve.

Nutrition per portion (229g):

	Calories	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	402 kcal	59.47g	6.58g	8.91g	1.53g	20.75g	4.01g	1.38g

Allergens: Gluten, Fish

Quality statement: The details in this document are accurate at the time of production on 22 April 2022. Nutritional information and allergens are based on Bidfood products available on the Multi-Temperature Distribution NHS Supply Chain: Food framework, and so may differ if you use alternative products to those in this recipe. **Please do check the labelling on products to confirm details, for example, allergens.**

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