

CREAMY TUNA PASTA

Serves 4 | Prep: 5 mins | Cook: 20 mins

Difficulty level: Easy



INGREDIENTS

- 8 ounces (225g) pasta, of choice
- 2 Tbsp. oil
- 2 garlic cloves, minced
- 1 cup peas (fresh, frozen, or canned)
- Pinch of salt and pepper
- 12 oz. can tuna, drained and broken into chunks
- 1 cup half and half cream (or substitute with $\frac{3}{4}$ cup of milk and $\frac{1}{4}$ cup of melted butter/margarine)
- $\frac{1}{2}$ cup shredded Parmesan (or your favourite shredded cheese)

INSTRUCTIONS

1. In a large pot of boiling water, cook pasta according to directions on box. Drain and rinse pasta.
2. While pasta is cooking, heat a large skillet over medium heat. Add oil and garlic. Sauté for one minute. Add peas and cook until heated through, about 2 minutes.
3. Next, add cream and bring to a simmer. Cook for 3-5 minutes or until slightly thickened, frequently stirring to prevent cream from burning.
4. Once pasta is cooked, add to skillet along with Parmesan and stir until combined and cheese is melted.
5. Remove from heat and gently fold in tuna. Serve warm.

For more information, visit thefoodbank.ca/food

Recipe adapted from budgetbytes.com

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