

TUNA PENNE BAKE

A fabulous family meal that everyone will enjoy. Our AMC 30 cm Gourmet Fry Pan doubles up, to prepare the sauce in as well as bake the final dish. In this recipe you make use of the brine from the tuna tins for the sauce, so there's no waste. The crunchy panko crumbs on top are a great alternative to the typical cheese layer. Make this meal-in-one today!



INGREDIENTS

Serves 4–6

300 g penne pasta or any other shape of your choice
30 ml (2 tbsp) olive oil
2 onions, chopped
15 ml (1 tbsp) butter
45 ml (3 tbsp) cake flour
750 ml (3 cups) milk
2 x 170 g tins tuna in brine
200 ml grated white cheddar cheese
20 ml (4 tsp) prepared mild mustard

45 ml (3 tbsp) chopped fresh chives
45 ml (3 tbsp) chopped fresh Italian parsley
15 ml (1 tbsp) lemon rind
juice of one medium lemon
black pepper to taste
250 ml (1 cup) frozen peas, rinsed
2 large spinach leaves, cut into strips
250 ml (1 cup) panko breadcrumbs
more fresh chives and Italian parsley for garnish

METHOD

1. Bring an AMC 24 cm Gourmet High with enough water and some salt to the boil.
2. Add pasta once the water is rapidly boiling. Boil for about 10-15 minutes or until cooked ('al dente'), according to the instructions on the packaging. Drain pasta well and toss in half of the oil. Keep warm in the unit.
3. Preheat the oven to 180 °C. Meanwhile, heat an AMC 30 cm Gourmet Fry Pan over a medium temperature until the Visiotherm® reaches the first red area. Add the remaining oil and sauté the onions for a few minutes until softened.
4. Stir in the butter and let it melt. Add the flour and stir until no dry flour is visible. Simmer for a few minutes.
5. Gradually stir the milk into the flour mixture, mixing continuously to prevent lumps from forming. Stir until a smooth sauce forms and it begins to thicken. Add the brine from the tins and stir in well. Reduce the heat.
6. Stir in the cheese until melted. Add the mustard, herbs and lemon rind and cook for a few minutes. Season to taste with lemon juice and pepper.
7. Add the tuna, peas and spinach and mix through. Heat over a low temperature until just warmed through.
8. Spoon pasta into the tuna sauce and mix until well combined.
9. Turn on the element of the oven. Sprinkle the breadcrumbs in an even layer on top of the pasta. Grill under the element for 10-15 minutes or until golden brown.
10. Remove from the oven and garnish with extra herbs. Serve immediately with a salad of your choice.

TIP:

Parmesan, pecorino or mature cheddar cheese is also delicious in this recipe.