

**GF Friendly**

**Tuna and Ricotta Pasta**

**Tuna flakes in a tomato, Ricotta and pasta sauce**

I wanted to experiment with ways to use Ricotta cheese, in particular to make it creamier. The method below worked well, and as I had half a can of tuna left over, I concocted a dish, basing it on our budget recipe BSR09 Jac's Cheese and Tomato Pasta. The difference is the addition of fish and substituting a low cholesterol cheese; and it is all cooked on the stove top.

- 200g tuna in spring-water (drained)
- 100g spiral (or other) pasta + hot water
- 100g sliced zucchini (courgettes)
- 400g can diced tomatoes
- ½ a medium onion
- 100g Ricotta cheese
- ¼ cup milk
- 1 tsp oregano
- 1 tsp minced garlic (or a crushed clove)
- 1 Tbsp extra virgin olive oil (or similar)
- ½ tsp salt      ¼ tsp pepper (optional)



Preparation: cut the zucchini in 1cm (3/8 inch) slices and cut these in quarters. Cut the half-onion down the centre core then slice thinly into quarter rings. Place the Ricotta cheese in a deep bowl, add the milk and mash with the back of a fork; then whisk using an electric mixer, or pop in a blender

Warm the oil in a frypan or wok and fry the zucchini on a medium heat until lightly browning both sides. Remove and set aside. Add the garlic to the same pan, and when sizzling, put in the onion rings and fry until softening (about 5 minutes). At this point, put the pasta in a pan of hot water, bring to the boil; then turn down to simmer for about 10 minutes, or until it is al dente (soft but sticks to the teeth). Put the tomatoes and oregano in with the onions, along with the salt and pepper if using; mix well, then turn down the heat and simmer covered for around 15 minutes, adding some water if it seems to be drying out. Finally, add the drained, cooked pasta; the Ricotta cream; the zucchini; the tuna flakes, and fold well to combine. Serve into warmed bowls.

Serves 2

Don't freeze

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