

# TUNA SPAGHETTI WITH OLIVES AND RED PEPPERS

GOOD FOR YOU AND THE OCEAN TOO.



## CHEF BART VAN OLPHEN

"Our oceans are under immense pressure from overfishing, climate change and pollution. If you're buying seafood in a supermarket or restaurant, choosing sustainable seafood is a really simple way for you to support our oceans and keep them full of life! ."

## INGREDIENTS



250g dried spaghetti

1 bay leaf



1 tsp capers (rinsed in cold water)



1 tsp tomato puree



2 tins (220g) of MSC certified tuna in olive oil

LOOK FOR THE BLUE MSC ECOLABEL



50g Parmesan cheese – freshly grated or shaved



2 tbsp chopped black olives



1 red pepper (de-seeded and diced)



175ml passata





# TUNA SPAGHETTI WITH OLIVES AND RED PEPPERS



**Chef Bart Van Olphen**

*Tinned fish is delicious, sustainable, and just as good as fresh! This is a really delicious way of making canned tuna into a filling main meal.*

## METHOD

**SERVES**

### INGREDIENTS CHECK LIST

- ☐ 220g or 2 tins MSC tuna in olive oil
- ☐ Olive oil (a good drizzle)
- ☐ Pinch of salt
- ☐ 1 tsp tomato puree
- ☐ 1 red pepper (de-seeded and diced)
- ☐ 175ml passata
- ☐ 1 tsp capers (rinsed in cold water)
- ☐ 2 tbsp chopped black olives
- ☐ 1 bay leaf
- ☐ 250g dried spaghetti
- ☐ 50g parmesan cheese – freshly grated or shaved
- ☐ Salt and pepper to taste

- 1** Heat a drizzle of olive oil in a large frying pan. Then add the tomato puree and fry over a medium heat for 1 minute.



- 2** Add the peppers and fry for a few minutes until they have softened (al dente)

**CHOP, CHOP!**



- 3** Add the tuna and stir everything gently to blend the ingredients. Then add the passata, capers, olives and bay leaf, stir and leave the sauce to heat through on a low heat. Stir occasionally.



**STIR, STIR!**

- 4** Meanwhile bring a pan of water to boil, adding a pinch of salt. Add the spaghetti and cook until al dente (not too soft) according to the instructions on the packet. Drain the spaghetti when cooked and lift it into 2 warm serving bowls.



- 5** Turn the heat up under the sauce, stir well and season to taste with salt and pepper.

- 6** Spoon the sauce over the spaghetti, add a sprinkle of parmesan cheese and serve.



**ENJOY!**

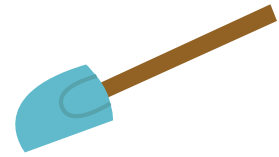


# COOKING QUIZ



1 Why do you think it's important to eat sustainable tuna?

.....  
.....  
.....



2 What would you change about this recipe if you were cooking it for someone with coeliac disease?

.....

3 Which two safety precautions would you take while cooking this dish?

- ☐ Taking care while using a knife to slice the passata
- ☐ Using oven gloves to hold the saucepan while draining the pasta
- ☐ Taking care when opening the tins of tuna to avoid cuts from the tin lid

4 Tuna is:

A source of protein

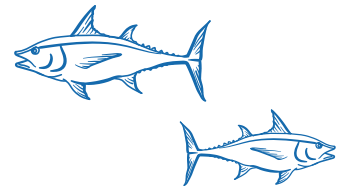
☐ TRUE ☐ FALSE

High in fat

☐ TRUE ☐ FALSE

A source of vitamins B and D

☐ TRUE ☐ FALSE



## HOW MUCH DO YOU KNOW ABOUT TUNA?

*Tuna is a nomadic species, swimming big distances across the world. Tuna can be found throughout the ocean in tropical and temperate seas. They are very fast swimmers.*

5 There are lots of different species of tuna. ☐ TRUE ☐ FALSE

*Tuna are fished across the world, and one of the consequences of widespread tuna fishing has been dolphin bycatch. Bycatch is when a fisher catches something that they were not trying to catch – it could be a seabird, a marine mammal or a fish that is too small or not supposed to be caught by that fisher.*

*It is vital that tuna are fished sustainability to make sure we can continue to enjoy tuna in the future, and protect other marine species.*

6 What proportion of the world's tuna stocks are at healthy levels?

☐ 25% ☐ 65% ☐ 95%

7 Around half of the world's tuna is certified as sustainable by the MSC.

☐ TRUE ☐ FALSE