

TUNA SPAGHETTI WITH OLIVES AND RED PEPPERS

CHANGE TO SUSTAINABLE SEAFOOD RECIPE THAT MAKES YOU FEEL GOOD



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 leave



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 hopped black olives



1 red Pepper (de-seeded and diced)



175ml passata



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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 and then 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.



ECCO!

ENJOY!

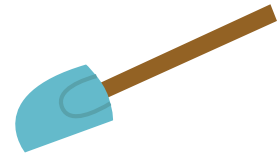


COOKING QUIZ



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

1.
2.
3.



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

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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

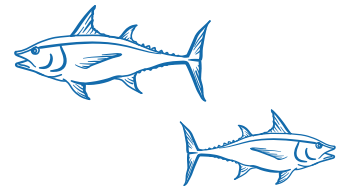
☐ TRUE ☐ FALSE

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