

FLEXING TINNED TUNA



RECIPE:

Light tuna, garlic
and vegetable
spaghetti with
pangrattato

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
28769	Ambient	Everyday Favourites Tuna Chunks in Brine	800g drained	4x3kg*
11653	Frozen	Fletchers Thick Sliced White Bread	200g	8x800g
	Ambient	Lemon	2	
	Chilled	Parsley	30g	
	Ambient	Dried Chilli Flakes	5g	
76601	Ambient	Gustoso Spaghetti Short	1.5kg cooked	6x800g
00068	Ambient	Extra Virgin Olive Oil P.E.T.	300ml	3x5ltr*
37540	Ambient	Chopped Garlic in Oil	30g	6x1lg*
		Mixed Vegetables of choice	50g	
03087	Chilled	Gustoso Grana Padano Wedge	100g	8x1kg*

Prep time: 10 mins

Time to cook: 20 mins

Method:

To create the pangrattato:

- Turn the bread into breadcrumbs, then heat 100ml the olive oil in a pan
- When hot, add the breadcrumbs to the pan and toss/toast until crunchy
- Remove from the heat. Finely grate the zest of the lemon and add with the chopped parsley and chili flakes

For the spaghetti:

- Cook the pasta in a pan of boiling salted water according to the packet instructions, then drain
- Juice the 2 lemons and heat 100ml of olive oil in a pan
- Add the garlic, then gently sweat off - do not brown
- Add the spaghetti and a scoop of cooking liquor to heat the pasta through - put on full heat and toss,
- Finish by adding the tuna, vegetables, lemon juice, salt and black pepper to add

For plating:

- Divide the pasta into bowls
- Top with pangrattato, finely grated parmesan and a drizzle of olive oil

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RECIPE:

Tuna, mushroom, and double cheese melt mac with avocado corn salsa

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
28769	Ambient	Everyday Favourites Tuna Chunks in Brine	500g	6x800g
01587	Chilled	Everyday Favourites Salted Butter	150g	40x250g
42018	Ambient	Everyday Favourites Plain White Flour	150g	6x1.5kg
06149	Chilled	Semi Skimmed Milk Bottle	3 litres	4x2ltr*
76599	Ambient	Gustoso Macaroni	1.5kg	4x3kg*
02637	Chilled	Everyday Favourites Mature White Cheddar Cheese	300g	1x2.44kg
50787	Chilled	Gustoso Vegetarian Grated Hard Cheese	200g	6x1kg*
02873	Ambient	Everyday Favourtes English Mustard	50g	2x2.27ltr
		Button Mushrooms	500g	
		Parsley	40g	
03999	Ambient	Sweetcorn in Water	200g	12x320g
03684	Frozen	Avocado IQF Slices	200g	20x500g
80002	Chilled	Ramona's Kitchen Salsa	200g	6x1kg*

Prep time: 30 mins

Time to cook: 40 mins

Method:

Creating the mac:

- Make a béchamel with the butter, flour and milk, then season. Whilst doing this, cook the macaroni
- Add half of the cheeses, the English mustard, then slice and panfry the mushrooms. Add those with chopped parsley, drained tuna, and with the macaroni
- Put into a baking dish and top with the remaining cheese

For the salsa:

- Drain and dry the corn on kitchen paper and dry roast in a pan until charred. Put to one side and cool
- Dice the avocado and mix in with the corn to the salsa and put to one side

For plating:

- Bake the mac on 190c till golden and bubbling hot
- Spoon into serving dishes and serve with a spoonful of fresh salsa



RECIPE:

Tuna lime croquette bean salad with a harissa yoghurt

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
28769	Ambient	Everyday Favourites Tuna Chunks in Brine	800g	6x800g
		Potatoes	2.5kg	
75634		Spring onion	1 bunch	
02637	Chilled	Everyday Favourites Mature White Cheddar Cheese	200g	1x2.44kg
75015		Limes	1	
42018	Ambient	Everyday Favourites Plain White Flour	150g	6x1.5kg
18938	Chilled	Everyday Favourites Medium Fresh Eggs	4	1x60
50009	Ambient	Panko Breadcrumbs	220g	10x1kg*
07261	Ambient	Five Bean Salad in Water	1.2kg	6x800g
00068	Ambient	Extra Virgin Olive Oil P.E.T.	40ml	3x5ltr*
		Red onions	80g	
27083	Chilled	Greek Style Yoghurt	500ml	3x2kg*
		Coriander	30g	
44816	Ambient	Harissa Paste	50g	6x180g

Prep time: 40 mins

Time to cook: 15 mins

Method:

For the croquettes:

- Cut potatoes evenly, then steam/boil. Strain them and allow to air dry but keep warm – then mash
- Slice the spring onion and add to the mash with the cheese (grate before), lime zest, tuna, and salt and ground black pepper
- Press the mash into a tray lined with cling film. When chilled remove from the tray and cut into even squares, rectangles
- Roll the croquettes into flour, egg and panko. Deep-fry them at 170c until golden and the core is hot

For the bean salad:

- Strain the beans, add the olive oil, lime juice, the onion (dice before), and add chopped coriander

For plating:

- Put a pile of the bean salad on the plate, top with croquettes and finish with yoghurt (mix the yoghurt with the harissa paste). Garnish how you wish