

## Student Staple: Creamy Tuna Pasta

Nurja · 13/05/2025



### Prep Time

Under 30 min

### Difficult

Easy

### Servings

4

### Description

This creamy tuna tomato pasta is the perfect student meal — cheap, quick, and satisfying. Made with pantry staples like canned tuna, pasta, and tomato purée, it comes together in under 20 minutes and costs less than €1.50 per portion. Whether you're short on time, money, or cooking skills, this recipe delivers comfort and flavor with minimal effort.

### Ingredients

- 400 g pasta (any kind)
- 2 cans of tuna (approx. 300 g drained total)
- 1 medium sized onion (optional)
- 2 tbsp tomato purée or 200 ml tomato passata
- 200 ml cream, oat cream, or 4 tbsp cream cheese
- 2 tbsp olive oil or use oil from the tuna
- Salt, pepper, chili flakes (optional)
- (Optional) Grated cheese or a handful of frozen spinach

### Instructions

1. Boil pasta in salted water until al dente.
2. While pasta cooks, sauté chopped onion in olive oil for 2–3 minutes (optional).
3. Add tuna, break it up, and stir in tomato purée and cream. Simmer for 3–4 minutes.
4. Season with salt, pepper, and chili flakes.
5. Drain pasta and stir it into the sauce. Mix well.
6. Top with cheese or herbs if you like.