

Easy Tuna Chilli Pasta



An umami packed pasta. This healthy, quick and comforting recipe is perfect for when you haven't had time to go to the shops.

Ingredients

- 200 g pulse or wholewheat spaghetti
- 185 g canned tuna in springwater, drained
- 3 tbsp extra virgin olive oil
- 1 tsp chilli flakes (optional)
- 1 tbsp oyster sauce
- 1 tbsp salt reduced soy sauce
- 1 tsp lemon juice
- 1 tbsp chives

Method:

1. In a pan over medium heat, cook the garlic with olive oil and 2 tbsp water. When water has evaporated add chilli flakes, oyster sauce and soy sauce. Take off heat and set aside.

2. Meanwhile, in a pot of salted boiling water cook the spaghetti as per packet instructions. When the pasta is al dente add into the garlic and soy sauce, adding $\frac{1}{2}$ cup of the pasta cooking liquid.
3. Stir to emulsify, then add the tuna, lemon juice and garnish with chives.