

Paul's Low Calorie Tuna Pasta

Makes 2 portions

Ingredients

John West Chunk Style Tuna in Springwater, drained	122g (2 x 95g cans)
Guzzi's Free Range Egg Pasta, All Types	146g
Mutti Polpa Finely Chopped Tomatoes	210g (1 can)
Garlic, raw, chopped	10g
MasterFoods Chilli Flakes	3g
Squid Brand Fish Sauce	5ml (1 tsp)
Western Star Original Soft Spreadable Butter	7g
Kraft Grated Parmesan Cheese	20g

Method

Cook the pasta as directed.

Melt the butter in a non-stick fry pan. Add the garlic and chilli flakes and gently fry until fragrant. Be careful not to burn the garlic.

With the heat still gentle, add the tomatoes and fish sauce. Stir well and add the tuna.

Drain the pasta, retaining some of the liquid.

Add the pasta a few pieces at a time, stirring each time.

If the sauce is too thick or dry add a little of the retained pasta water.

When the mixture is complete and heated through, serve and sprinkle each portion with the parmesan cheese.

Damage per portion

Energy	284 kCal / 1169 kJ
Protein	27g
Total Fat	6.5g
Saturated Fat	3.5g
Carbohydrate	22.5g
Sugars	3g
Dietary Fibre	5.g
Sodium	785mg
Potassium	75mg

Notes

Guzzi's is an Australian brand. It is used here simply because the egg pasta has a lower calorie value than regular pasta. You can use whatever you like, even 'zoodles'. The strange 146g was the nearest to 150g without breaking up the dry linguine too much. That amount yields 195 calories.

The chopped tomatoes can also substituted with any brand. Mutti were chosen here because they are the only brand in the supermarket enlightened enough to offer a 210g tin.