

SPICY TUNA PUTTANESCA



LifeShape Clinic

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INGREDIENTS

500g wholemeal pasta
2 cans tuna (850g), in spring water, flaked
1 tsp. paprika
3 c. passata sauce
½ c. pitted Kalamata olives, chopped
Pinch salt
1 teaspoon dried basil

METHOD

1. In a large saucepan add passata, olives, salt, paprika and basil. Cook 10 minutes or until slightly reduced, stirring occasionally.
2. Meanwhile, cook pasta as per packet directions.
3. Add cooked and drained pasta to sauce. Gently fold in tuna and toss until everything is well coated.
4. Divide between plates and serve.

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SERVES

Nutrition Guide

PER SERVE

Energy (cal)	385cal
Protein	42g
Fat	8.4g
Saturated Fat	1.8g
Carbohydrate	31.1g
Sugar	8.4g
Sodium	865mg
Fibre	8.4g

RECIPE VARIATION

1200

Dinner Requirement: 370 - 400 cal
Meets Requirements: Yes
Total Meal Calories: 385 cal

1500

Dinner requirement: 420 - 450 cal
Meets requirements: No
Recommendations: Divide ½ cup fresh grated parmesan and 200g punnet of cherry tomatoes between serves.
Total meal calories: 433 cal

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