



HEALTHY TUNA & LEMON PASTA RECIPE



☰ Prep: 5 mins
🕒 Cook: 20 mins
🍴 Serves: 4
★ ★ ★ ★ ☆

Ingredients

- ▲ 250 g spaghetti or other pasta
- ▲ 425 g can tuna in spring water, drained
- ▲ 2 cups frozen green bean
- ▲ 1 tbs olive oil
- ▲ grated rind and juice of 1 lemon
- ▲ pepper, to taste

Method

1. Add pasta to a pan of boiling water. Cook according to packet instructions (10-15 minutes) until almost cooked through. Add the green beans to the boiling water and cook for another 2 minutes. Drain pasta and beans.
2. Put pasta and green beans back into the saucepan over low heat and add the remaining ingredients. Stir until ingredients are mixed well and hot through.
3. Add pepper to taste and serve.

Nutrition Information

	per serving	per 100g
Energy	1437 kJ	486 kJ
Protein	23.9 g	8.1 g
Fat, total	6.9 g	2.3 g
— saturated	1.4 g	0.5 g
Carbohydrate	43.2 g	14.6 g
— sugars	1.3 g	0.4 g
Sodium	64 mg	21.6 mg
Fibre	5.1 g	1.7 g