

DINNERLY



Chilli Tuna Spaghetti with Sweet Capsicum and Spinach



20-30 minutes



4 Servings

This is the dinner for hectic weeknights. Simply cook sweet capsicum and tuna in garlic and chilli, then stir in spaghetti, lemon zest and baby spinach. Hey presto, delicious dinner is served.

WHAT WE SEND

- 100g Castello feta and black olives ⁷
- 2 capsicum
- 50g parmesan ⁷
- 140g baby spinach leaves
- 2 lemons
- 425g can tuna in oil ⁴
- 500g spaghetti ¹

WHAT YOU NEED

- chilli flakes
- garlic clove
- sea salt and pepper

TOOLS

- fine grater
- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

Pit the olives before combining with the remaining ingredients, or take care when eating.

ALLERGENS

Gluten (1), Fish (4), Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 720kcal, Fat 25.4g, Carbs 69.0g, Proteins 47.3g



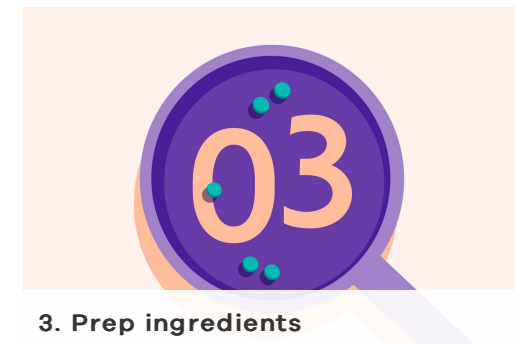
1. Cook pasta

Bring a large saucepan of salted water to the boil. Add $\frac{3}{4}$ of the **pasta** (the remaining pasta won't be used in this dish) and cook for 6-8 mins or until al dente. Drain and cover to keep warm. Reserve the pan.



2. Drain tuna

Meanwhile, drain the **tuna**, reserving **2 tbs of the oil**, then flake gently. Thinly slice the **capsicums**, discarding the seeds and membrane.



3. Prep ingredients

Finely grate the **lemon** zest, then juice. Thinly slice **3 garlic cloves**. Drain the **feta and olive mix** (see cooking tip).



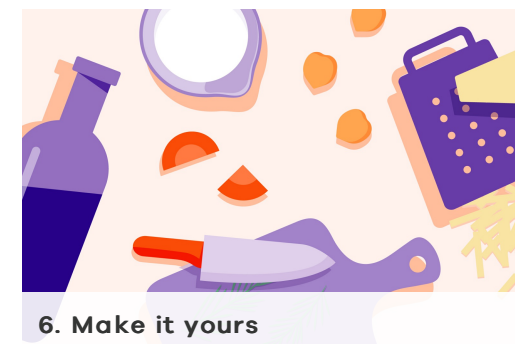
4. Cook sauce

Heat the **reserved tuna oil** in the reserved saucepan over medium heat. Cook the **capsicum**, stirring, for 3-4 mins until starting to soften. Add the **garlic** and $\frac{1}{2}$ **tsp chilli flakes** (optional) and cook for 30 secs-1 min until fragrant. Stir in the **tuna** and **spinach** and cook for 1-2 mins until the spinach has wilted slightly.



5. Serve up

Stir in the **pasta, lemon juice, zest, feta and olives** and season with **salt and pepper**. Toss well to coat, then divide among bowls. Finely grate over the **parmesan** to serve.



6. Make it yours

Add baby capers for even more delicious pops of flavour.