



TUNA PUTTANESCA SPAGHETTI



2 servings



25 minutes

INGREDIENTS

250g (9oz) cherry tomatoes
12 pitted Kalamata olives, halved
1 tablespoon capers
2 large garlic cloves, finely chopped
4 anchovies in oil, drained and roughly chopped
½ teaspoon dried oregano
½ small red chilli, deseeded (if desired) and diced
Generous drizzle of extra virgin olive oil
150g (5½oz) dried spaghetti
120g (4¼oz) drained canned tuna
Small handful of parsley, chopped
20g (¾oz) Parmesan cheese, grated, plus extra to serve
Squeeze of lemon juice
Salt and pepper

DIRECTIONS

1. Preheat the oven to 220°C/200°C fan (425°F) Gas Mark 7.
2. In a deep baking dish, combine the cherry tomatoes, olives, capers, garlic, anchovies, oregano and chilli. Season with salt and pepper and drizzle over the extra virgin olive oil. Stir to mix, then transfer to the oven and bake for 15 minutes.
3. Meanwhile, cook the spaghetti in a pan of boiling salted water until al dente. Drain, reserving a cupful of the pasta cooking water.
4. Remove the dish from the oven, gently press down on the tomatoes to release their juices, add the tuna and mix into the sauce.
5. Toss through the parsley, Parmesan, a little squeeze of lemon juice and the drained spaghetti. If the mixture seems dry, add a splash of the reserved pasta water and toss until unctuous.
6. Serve with an extra flurry of Parmesan.

Under 350kcal, 28g protein per serving