



U COOK

— COOKING MADE EASY

TUNA ALLA IL LEONE

with spaghetti, kalamata olives & capers

This is one of the first pastas I ever created and it's been a customer favourite ever since. Chilli, garlic, cherry tomatoes, olives, basil, and tuna fillet – simple, authentic Italian food at its best.

Hands-On Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Daniel Toledo

 **Easy Peasy**

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Ingredients & Prep

125g	Spaghetti Pasta
1	Tuna Steak
1	Lemon cut into wedges
25g	Pitted Kalamata Olives drained & halved
8g	Capers drained
100g	Baby Tomatoes rinsed & halved
1	Garlic clove peeled & grated
1	Chilli deseeded & finely chopped
5g	Fresh Parsley rinsed & roughly chopped
4g	Fresh Basil rinsed & sliced
20g	Baby Spinach rinsed

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Paper Towel
Water

1. BEFORE YOU GET GOING Read the whole recipe. The prep instructions are displayed in the ingredient list, directly under the item they apply to. You can either do all your prep before you start, or as you get to each item in the method.

2. PERFECT PASTA Boil the kettle. Place a pot for the pasta over a high heat. Fill with boiling water, add a pinch of salt, a drizzle of oil and bring back up to the boil. Add the pasta to the pot and cook for 8-10 minutes until al dente. Drain on completion.

3. PREP THE TUNA Pat the tuna dry with some paper towel. Cut into bite-size cubes and place in a bowl. Add a drizzle of oil and seasoning to taste. Toss to coat and set aside to marinate.

4. TUNA PASTA SAUCE When the pasta is almost ready, place a large, nonstick pan over a medium heat with 50ml of olive oil. When heated slightly, add in the halved olives, drained capers, grated garlic, halved baby tomatoes, and chopped chilli to taste. Sauté for 2-3 minutes until the tomatoes are slightly softened. Add the tuna pieces, chopped parsley, and cooked pasta to the pan and toss through for 2-3 minutes. If you prefer your tuna well-done, add just the tuna pieces to the pan and sear for 2-3 minutes, before adding the chopped parsley and cooked pasta. On completion, season to taste and remove the pan from the heat.

5. FRESH LEAVES Toss the rinsed green leaves with a generous squeeze of lemon juice. Season to taste.

6. TIME TO DINE Dish up the delectable tuna pasta and garnish with the fresh, sliced basil. Serve with the fresh leaves and a lemon wedge on the side. Bellissimo, Chef!



Chef's Tip

We recommend using a good quality, extra-virgin olive oil for this dish.

Nutritional Information

Per 100g

Energy	610kj
Energy	145Kcal
Protein	12g
Carbs	20g
of which sugars	1g
Fibre	1g
Fat	1g
of which saturated	0g
Salt	0g

Allergens

Gluten, Allium, Wheat, Fish

Cook
within 2
Days