



Creamy Tuna Spaghetti Recipe

Preparation Time	15
Cooking Time	20
Serving Size	6

Ingredients:

- 3 Tbsp butter, melted
- 1/4 cup onion, chopped
- 1 can tuna flakes in oil (184g), drained
- 1 pc beef bouillon cube
- 1 cup button mushroom, canned, drained, sliced
- 1/3 cup bell pepper, green, cut into cubes
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (250g)
- 1/2 cup all-purpose cream
- 1/4 cup basil, fresh, chopped
- 1 cup cheese, grated
- - salt, to taste
- - pepper, to taste
- 3/4 pack DEL MONTE Spaghetti (400g), cooked

Preparation:

1. Sauté onion in butter. Add tuna, bouillon cube, mushrooms, and bell peppers. Sauté for 2 minutes.
2. Add DEL MONTE Italian Style Spaghetti Sauce. Cover and bring to a boil and turn down to simmer for 5 minutes.
3. Add all-purpose cream, basil, half of cheese, salt, and pepper to taste. Stir over low heat for 2 minutes.
4. Pour over cooked DEL MONTE Spaghetti. Top with remaining cheese.

Chef's Tip

To prevent basil from turning black after chopping, you can opt to tear them into shreds. Chopping bruises the leaves which makes them turn black.

Lusog Notes

Pasta is a source of carbohydrates that provides the body with energy as well as fuel for the brain and nerves. This Creamy Tuna Spaghetti dish also provides calcium for bone health.

Cooking Skills Needed

- Boiling
- Sautéing
- Simmering
- Slicing

Cooking Tools

- Chopping Board
- Colander
- Pot

- Spatula
- Grater
- Measuring Cups

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