



## Tuna Carbonara Recipe

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**Preparation Time** 15  
**Cooking Time** 15

### Ingredients:

- 1 Tbsp butter
- 1 can tuna chunks in oil (184g), drained
- 1 pouch DEL MONTE Carbonara Sauce (200g)
- 3 Tbsp cheddar cheese, grated
- 1 pack DEL MONTE Spaghetti (175g), cooked, reserve 3 Tbsp pasta water

### Preparation:

1. Sauté tuna in butter. Add DEL MONTE Carbonara Sauce and reserved pasta water. Cover and simmer over low heat for 2 minutes. Add cheese.
2. Pour over cooked DEL MONTE Spaghetti. Top with extra cheese if desired.

### Chef's Tip

When cooking pasta, make sure that the water is boiling before adding the pasta to prevent it from turning mushy. Stir the pasta for a few minutes to prevent it from sticking together.

### Lusog Notes

This Tuna Carbonara dish is a source of protein essential for growth and development, and niacin which is important for the normal structure of the skin.

### Cooking Tools

- Pot