



Tuna Carbonara Recipe

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