

Simple Tuna Wholewheat Spaghetti

with Spinach

hellóchef

Fun fact: Parmigiano Reggiano is named after the provinces in which it is made! Find it in Parma, Reggio Emilia, Modena, Bologna and Mantua.

Cals 701 • Prot 55 • Carbs 78 • Fat 19

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🕒 cook: 20 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Canned tuna 6*	240	360	480	Grams
Whole-wheat spaghetti 9*, 10*, 11*	200	300	400	Grams
Spinach	100	200	200	Grams
Garlic cloves	2	3	4	Piece
Large red chilli	1	1	2	Piece
Spring onion	40	60	80	Grams
Parmesan 4*	30	45	60	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Cream cheese 4*	20	40	40	Grams
Lemon	1	1	2	Piece
Black pepper	0.5	1	1	Tsp

Allergens

***6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

Per Serving*

Energy (kJ/kcal)	2948 / 701
Fat (g)	18.9
of which saturates (g)	5.6
Carbohydrate (g)	78
of which sugars (g)	7.2
Fiber (g)	11.8
Protein (g)	55.3
Salt (g)	2.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 12-14 min until 'al dente' or cooked to your liking. Drain and reserve a cup of pasta water.



2 Prep spinach

Meanwhile, boil a kettle. Place the **spinach** in a colander and pour the freshly boiled water from the kettle over it. Once the **spinach** is cool enough to handle, give it a good squeeze and chop it roughly.



3 Prep

Drain the **tuna**. Peel and very finely chop the **garlic**. Very finely chop the **chilli** and **spring onion**. Grate the **Parmesan**.



4 Fry

Heat a large pan over a medium heat with a generous drizzle of **olive oil**. Once hot, add the **spinach, spring onion, chilli (spicy!)** and **garlic** with a generous pinch of **salt** and cook for 1 min. Remove the pan from the heat and set aside.



5 Toss

Add the drained **tuna, cream cheese, spaghetti** and **Parmesan** to the pan and give everything a good toss. Loosen with pasta water if needed. Drizzle with a squeeze of **lemon** juice and another lug of **olive oil**. Season with a generous pinch of **salt** and **pepper** and serve immediately.