

Simple Spaghetti with Tuna and Mushrooms

Total time **35 mins** 35 mins preparation time

Nutritional facts (per portion):
2983 kJ / 714 kcal

Fat: **67.2 g** Protein: **31.2 g**
Carbohydrates: **103.1 g**

INGREDIENTS

4 portion(s)

500 g	spaghetti
	Salt
1	tin of tuna in oil
240 g	mixed mushrooms (e.g. shiitake, king oyster, shimeji)
1	garlic clove
2	small onions
60 g	rocket salad
1	small dried chilli pepper
2 tbsp	olive oil
	Freshly ground pepper
400 g	tin chopped tomatoes
200 ml	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
	Parmesan cheese

PREPARATION

Step 1

Cook the spaghetti in boiling water according to pack instructions. Drain the tuna, peel the garlic and onions and finely slice. Soak the chilli pepper in warm water.

Step 2

Fry the mushrooms and onions in the oil until softened. Add the garlic and chilli pepper and fry for a couple more minutes. Add the tomatoes and Ponzu, bring to the boil then remove the chilli pepper. Stir in the tuna, spaghetti and rocket so everything is coated in sauce. Serve the spaghetti topped with grated parmesan and a sprinkling of black pepper.