



# Clean Eating

## CHILLI TUNA PASTA



4 servings



20 minutes

## INGREDIENTS

- 1 small yellow onion
- 4 cloves garlic
- 400g tomato passata
- 190g canned tuna (in water), drained
- 45g canned anchovies (in oil)
- 1/4 tsp red chili flakes
- Salt, to taste
- 400g cooked pasta of choice
- Fresh basil, for garnish (optional)
- Grated pecorino cheese (optional)

## DIRECTIONS

- Thinly slice garlic, small dice onion and chop anchovies.
- Cook pasta according to package instructions.
- Meanwhile, heat up a large nonstick skillet over medium heat. Add onion, garlic and anchovies (along with the oil in the can). Cook until fragrant and anchovies dissolve.
- Stir in tomato passata and chili flakes and bring the sauce to a simmer.
- Stir in drained tuna, taking care not to break up the chunks too much. Taste and season with more salt if necessary.
- Drain pasta and add to the tomato sauce. Stir until well coated. Remove from heat.
- Garnish with fresh basil and serve. Top with grated pecorino cheese if desired.
- Enjoy!

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## NOTES

Canned anchovies add a wonderful savoury umami flavour to the sauce. But if you're not a fan, feel free to omit it. If omitting anchovies, add 1 tsp of olive oil when sauteing onion and garlic, and season the sauce with a bit of extra salt.

Feel free to adjust the amount of chili flakes according to your spice tolerance.

Feel free to omit pecorino cheese to make this dish dairy-free.

Double the amount of tuna for extra protein if you like.

Use any pasta shape/ type you desire that suits your dietary needs eg. gluten-free, high-protein, wholewheat etc.

CREDIT: [chloeting.com](https://chloeting.com)