

# Cherry tomato, chilli & tuna spaghetti



## Cherry tomato, chilli & tuna spaghetti

**Preparation:** about 15 minutes

**Cooking:** about 20 minutes

**Serves:** 4

400g dried spaghetti

¼ cup olive oil

500g cherry tomatoes, halved

3 garlic cloves, finely chopped

3 bird's eye red chillies, halved lengthways,  
deseeded and finely chopped

1 cup flat leaf parsley leaves, roughly chopped

410g can tuna in oil, drained and flaked

2 tbs lemon juice + 1 tsp lemon rind

Salt and ground black pepper

Lemon wedges, to serve

1. Cook spaghetti in a large saucepan of boiling water, following packet directions, until al dente. Drain and set aside.
2. Heat oil in the saucepan over medium-high heat. Add tomatoes, garlic and chillies and cook, stirring often, for 3 minutes until tender.
3. Return spaghetti to the pan. Add parsley, tuna, lemon juice and lemon rind. Season with salt and pepper to taste. Toss until well combined and hot and serve with lemon wedges



### Cherry tomatoes

- Tomatoes, including cherry tomatoes, are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.
- An excellent source of vitamin C, which the body uses to defend itself against infection.
- Provide potassium which is used by the body to balance adverse effects of the sodium in salt.
- As well as vitamin C, cherry tomatoes also provide vitamin E. These antioxidant vitamins help strengthen the health of the membranes around every body cell.
- A good source of dietary fibre, present in the seeds, skin and flesh.