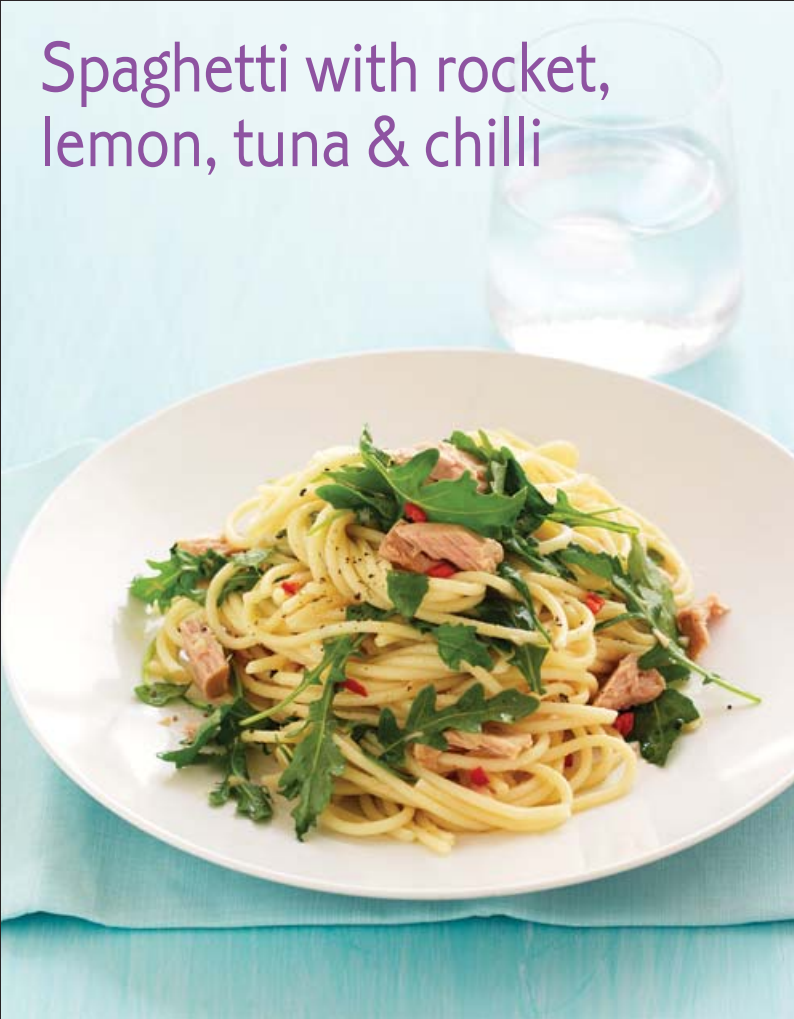


# Spaghetti with rocket, lemon, tuna & chilli



## Spaghetti with rocket, lemon, tuna & chilli

Preparation: about 10 minutes  
Cooking: about 12 minutes  
Serves: 4

350g dried spaghetti  
¼ cup extra virgin olive oil + extra to serve  
1 garlic clove, chopped  
Juice and zest of 1 lemon  
1–2 small red chillies, deseeded and chopped  
120g baby or wild rocket leaves  
2 x 185g cans tuna in oil, drained and lightly flaked  
Salt and ground black pepper

1. Cook spaghetti in a large saucepan of boiling water, following packet directions, until dente.
2. Meanwhile, combine oil, garlic, lemon juice and zest, chillies, rocket and tuna in a large bowl. Season with salt and pepper to taste. Gently toss to combine.
3. Drain spaghetti and return to pan. Add rocket and tuna mixture. Gently toss and spoon into serving bowls. Drizzle with a little extra oil and serve.



### Rocket

- A source of vitamin C, folate and beta carotene. Vitamin C helps protect the body against infection and is important for healthy teeth and gums. Folate is one of the B complex vitamins that is important for heart health and beta carotene is converted to vitamin A in the body.
- A source of calcium and potassium. Calcium is important for strong bones while potassium helps balance the adverse effects of salt in the diet.
- The slightly bitter flavour of rocket is an indicator of its valuable antioxidant content. Antioxidants may help boost the body's ability to protect its cells against damaging free radicals.