

EASY FOOD

Recipes

Lemon spaghetti with tuna & broccoli



What you need



Serves: 2

Allow: 10 minutes preparation
10 minutes cooking

200g spaghetti
 $\frac{1}{2}$ broccoli
185g can tuna
1 lemon
Olive oil for cooking
Black pepper
Grated Parmesan cheese
(if desired)

To cook



Saucepan

Strainer

Chopping board

Knife

Can opener

Spoon

Bowl



Remember to wash your
hands before starting

1

Fill saucepan halfway with water
and add a pinch of salt.
Place on stove on medium heat



2

Open can of tuna and spoon into bowl



3

Slice lemon in half and
squeeze juice into the bowl



4

Add some black pepper to the bowl if you like



Mix
together
and set
aside

5

Cut 6 florets of broccoli and set aside



6

When water has come to the boil add spaghetti. Ensure all pasta is covered in water.



Cook for 3 minutes less than packet directions.

7

Add broccoli and cook
for another 3 minutes



8

When spaghetti is cooked, drain spaghetti and broccoli



9

Put spaghetti and broccoli back into
saucepan then add tuna and lemon mix



10

Add a dash of olive oil
and black pepper if you like



11

Toss mixture together with tongs
then place into serving bowls



12

Add some Parmesan cheese if you like



ENJOY!



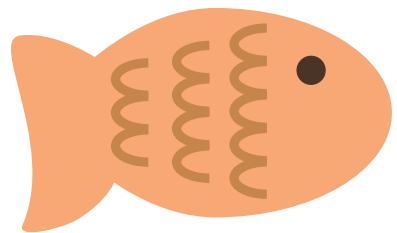
More ideas



Try using **wholemeal pasta**



Add some baby **spinach**



Use **canned salmon** instead of tuna

Try drained **canned chickpeas, cannellini beans**
or butter beans instead of tuna for a vegetarian version



Lemon spaghetti with tuna and broccoli

Serves: 2

Allow: 10 minutes preparation
+ 10 minutes cooking

What you need

Saucepan

Strainer

Chopping board

Knife

Can opener

Spoon

Bowl

200g spaghetti

½ broccoli

185g canned tuna

1 lemon

Olive oil for cooking

Black pepper

Grated Parmesan cheese
(optional)



Method:

1. Fill saucepan halfway with water and add a pinch of salt. Place on stove on medium heat.
2. Open can of tuna and add to bowl.
3. Slice lemon in half and squeeze juice into the bowl.
4. Add some black pepper to bowl if you like, mix and set aside.
5. Cut 6 florets of broccoli and set aside.
6. When water has come to the boil, add spaghetti and ensure all pasta is covered in water. Cook for 3 minutes less than packet directions.
7. Add broccoli to saucepan, cook for another 3 minutes.
8. When spaghetti is cooked, strain spaghetti and broccoli.
9. Put spaghetti and broccoli back into saucepan then add tuna-lemon mix.
10. Add a dash of olive oil and black pepper if you like.
11. Toss mixture together using tongs then place into serving bowls.
12. Add some Parmesan cheese if you like.
13. Enjoy!

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Local Health District