

# Simple tuna pasta by Jamie Oliver & Gennaro Contaldo

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/jamie-oliver-italian-meringue-recipe>

## Ingredients:

- 7 ounces bucatini or spaghetti
- sea salt
- 1 clove garlic peeled
- 1 fresh red chilli
- 2 anchovy fillets
- 4 cherry tomatoes ripe
- extra-virgin olive oil
- 5/8 pound tuna in olive oil tin of quality
- 1 tablespoon baby capers rinsed
- 1/2 lemon juice from
- 5 cups rocket wild, washed

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 42 grams
3. Fat: 6 grams
4. Fiber: 3 grams
5. Protein: 8 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 210 milligrams
8. Sugar: 3 grams

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