




Creamy Tuna & Spinach Wholegrain Pasta

 4 servings  Prep: 15 mins  Cook: 30 mins

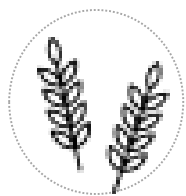
INGREDIENTS

250g Wholegrain spaghetti, uncooked
 240g Canned tuna, drained
 120g Spinach, chopped
 10g Garlic, chopped
 40ml Fish stock
 40ml Cooking cream
 20g Parmesan cheese
 1 tsp Olive oil
 Salt & pepper to taste

For garnishing
 English parsley and cherry
 tomatoes

METHODS

1. Cook the spaghetti as per instruction on the packaging.
2. Heat up the oil on a nonstick pan, and sauté the chopped garlic till fragrant. Add in the spinach and stir fry.
3. Add in the cooked spaghetti and mix well. Pour the fish stock and the cooking cream and season with salt and pepper.
4. Sprinkle the top with parmesan cheese and garnish with english parsley and cherry tomatoes before serving.



WHOLEGRAIN
WEDNESDAY



< 500 KCAL
DISHES

Nutrition Information (per serving)

Energy 360 kcal, Carbohydrate 39g, Protein 26g, Fats 9g, Saturated Fats 5g, Cholesterol 36mg, Dietary Fibre 8g, Sodium 423mg



Yishun Central, Singapore 768828



www.ktph.com.sg



ktph.dietitians@ktph.com.sg



Call-A-Dietitian Hotline 983 22 983



@ktph.dietitians