



ITALIAN TUNA BALLS

INGREDIENTS

- 2 x 160g cans tuna in sunflower or olive oil, drained (reserve a little oil)
- small handful of pine nuts
- Finely grated rind of 1 lemon
- Small handful of parsley leaves, roughly chopped
- Italian seasoning
- 50g fresh breadcrumbs
- 1 egg, beaten
- 400g spaghetti
- 500g tomato pasta sauce

**TUNA MAKES A TASTY
AND HEALTHY
ALTERNATIVE TO PORK
OR BEEF MEATBALLS**

DIRECTIONS

- 1. Flake the tuna into a bowl, then tip in the pine nuts, lemon rind, parsley, breadcrumbs and egg. Season and mix together with your hands until completely combined. Roll the mix into 12 walnut sized balls*
- 2. Put a large pan of water on to boil, then cook the spaghetti according to the pack instructions*
- 3. Heat a little of the reserved tuna oil in a large non-stick frying pan, then fry the tuna balls for 5 minutes, turning every minute or so, until completely golden. Drain on kitchen paper.*
- 4. Heat the pasta sauce then toss together with the pasta and tuna balls*