

Tuna and Mushroom Fettuccini

Serves: 1

Prep time: 8 Minutes

Cooking time: 10 Minutes

Ingredients:

- 120g fresh fettuccini/pasta
- 30g butter
- 1 small clove garlic, grated
- ½ small brown onion, chopped
- ½ cup sliced button mushrooms
- 95g tin tuna
- 2 teaspoons tomato paste
- 50 ml cream
- salt & pepper
- 2 teaspoons chopped parsley +
- 1 teaspoon chopped parsley extra for garnish



This dish is quick and easy to make, the creamy-tasty-tuna-mushroom sauce is a great way to coat the pasta

Method:

- Cook the pasta according to the packet
- Meanwhile melt butter in small saucepan over medium-high heat
- Add onions, garlic and mushrooms, cook until softens and aromatic (1-2 minutes)
- Add drained tuna, stir in cream, tomato paste, salt and pepper. Bring to the boil, reduce to a simmer and add parsley, stir to combine (if too thick add a little pasta water)
- Combine the pasta with the sauce and coat well
- Plate the pasta and garnish with reserved chopped parsley. Enjoy