



Cooking Made Easy

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## Penne al Tonno

Perfectly rare chunks of tuna are the real star of this easy dish, which stays light and fresh with rocket, lemon and just enough chilli. This baby doesn't need cheese, but do as the Italians do and drizzle over some olive oil, and squeeze of lemon and a good grind of salt and pepper to complete your authentic Italian moment of the week.

 **Prep:** 15 mins  
 **Cook:** 15 mins  
**Total:** 30 mins  
 level 1  
 lactose free



Long Chilli



Lemon



Garlic



Penne



Tuna



Rocket



Parsley



Tomato

2P	4P	Ingredients
4 tbs	8 tbs	olive oil *
1	2	long chilli, diced ⊕
1	2	lemon, zest & juiced ⊕ <b>A</b>
2	4	garlic cloves, peeled & crushed ⊕
200 g	400 g	penne
1 fillet	2 fillets	tuna
70 g	140 g	rocket, washed ⊕
2 tbs	4 tbs	parsley, chopped
2	4	tomatoes, diced <b>B</b>

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2580	Kj
Protein	45.6	g
Fat, total	11.9	g
-saturated	2	g
Carbohydrate	77	g
-sugars	1.2	g

#### Measuretool

0 cm	1 cm	2 cm



**1** For the dressing, mix the **olive oil**, **chilli**, **lemon juice**, **zest** and crushed **garlic** together. Season well with **salt** and **pepper**. Reserve for later.



**2** In a large pot bring some salted water to the boil. Add the **pasta** to the water and cook for about **10 minutes** or until al dente; stirring regularly to ensure the pasta does not stick. Drain and refresh under cold running water. In a large bowl, toss the cooled pasta with the prepared dressing.

**3** Heat a drizzle of oil in a griddle or pan over high heat. Add the **tuna** and grill for **1-2 minutes** on each side (tuna is perfectly fine raw, so don't be afraid to leave it rare - the longer you cook it, the drier it will become!). Remove the fish from the pan and slice or break into chunks. Toss through the penne with the **rocket**, **parsley**, and **tomatoes** then season well with **salt** and **pepper**.

**4** Divide between bowls and enjoy your yummy fresh pasta!



**Did you know?** Tuna are known to reach speeds of 70-100 km per hour!