

Tuna Cacio e Pepe with Edamame

2 servings

**Zucchini or Spinach version below*



Ingredients

- Black peppercorns – 1 Tbsp (freshly crushed)
- Parmesan – 80 g
- Spaghetti (DeCecco or Barilla) – **160 g** (80 g per serving)
- Canned tuna in water (no-salt-added if possible) – 1 × 200 g can, drained
- Shelled edamame (unsalted, cooked) – **80 g** (~40 g per serving)
- Greek yogurt (plain, unsweetened) – 1 Tbsp (~20 g)
- Olive oil – 1 tsp (optional, for silkiness)
- Pasta water – as needed

Instructions

1. **Crush peppercorns** coarsely.
2. **Grate cheese** finely.
3. **Cook pasta** in lightly salted water (very minimal salt). Cook until just shy of al dente. Reserve ~200 ml pasta water.
4. **Cook edamame:** If frozen, blanch in the pasta pot for 2–3 minutes, then drain and set aside.
5. **Cheese emulsion:** Blend Parmesan with ~120–150 ml pasta water until creamy.
6. **Toast pepper** in a dry skillet for 1–2 min, then splash in ~50 ml pasta water to form a peppery base.
7. **Combine:** Add pasta, toss in pepper base. Stir in cheese emulsion, mixing vigorously until glossy.
8. **Finish:** Fold in tuna, edamame, and Greek yogurt off-heat. Add olive oil and adjust consistency with more pasta water if needed.

Nutrition (per serving, approx.)

- Calories: ~500 kcal
- Protein: ~41 g
- Fat: ~15 g
 - Sat Fat: ~6 g
- Carbohydrates: ~49 g
 - Sugars: ~3 g
- Fiber: ~5 g
- Sodium: ~690 mg
- Omega-3: ~0.7 g

Footnote: Vegetable Variations

1. **Zucchini** – Replace edamame with **100 g zucchini, diced and lightly sautéed**.
 - Nutrition shift (per serving): ~460 kcal | 38 g protein | 47 g carbs | 14 g fat | Fiber ~3 g.
 - → Lighter, less protein, but fresher and less dense.
2. **Spinach** – Replace edamame with **100 g fresh spinach, wilted in pasta water**.
 - Nutrition shift (per serving): ~470 kcal | 39 g protein | 48 g carbs | 14 g fat | Fiber ~4 g.
 - → Still rich, slightly more iron + vitamin K.