

## Pasta with Zucchini, Tuna & Chili Paste

Yield: 2 generous servings (or 3 light servings)



### Ingredients

- 160 g long pasta (spaghetti, linguine, or bucatini)
- 6 g salt for pasta water (for ~2 L water)
- 45 g extra-virgin olive oil (3 T), plus extra for finishing
- 4 scallions (60 g), thinly sliced, whites and greens separated
- 450 g zucchini, halved lengthwise and sliced into 12–15 mm half-moons
- 6 g garlic (3 cloves), thinly sliced
- 15 g capers, drained
- ½–2 tsp chili seasoning (gochujang, Sriracha)
- 70 g canned tuna, drained (Hagoromo シーチキン recommended)
- 10 ml lemon juice (2 tsp), plus more to taste

### Fresh Herbs (choose one or mix)

- 20 g fresh cilantro, roughly chopped
- 10 g fresh mint, roughly chopped

Dried herb alternative (use if fresh is unavailable):

- 2 tsp dried parsley
- ½ tsp dried mint

### Instructions

1. Bring 2 liters of water to a boil. Add salt and cook pasta until al dente. Reserve 120 ml pasta water; drain pasta.
2. Heat **olive oil** in a wide skillet over **medium heat**.
3. Add **scallion whites** and **cook 1 minute** until fragrant.
4. Add **zucchini** and **cook 8–10 minutes** until tender and lightly golden. Avoid overcrowding; let it color.
5. Add **garlic**, **capers**, and **chili paste**. **Cook 30–60 seconds** until fragrant.
6. Add **60–80 ml pasta water** and **simmer 2–3 minutes** until lightly reduced.
7. Add **pasta** and **half the herbs**. Toss vigorously to emulsify.
8. Gently fold in **tuna** and **lemon juice**; warm through without breaking tuna too much.
9. Taste and adjust **chili**, **lemon**, or **oil**. Serve topped with remaining **herbs**, **scallion greens**, and a drizzle of **olive oil**.

### Nutrition

**Per serving (½ dish):** Kcal: 520 | Protein: 26 g | Fat: 28 g | Sat. Fat: 4 g | Carbs: 55 g | Sugars: 6 g | Fiber: 7 g | Sodium: ~430 mg | Omega-3: 0.35 g

**Whole dish:** Kcal: 1,040 | Protein: 52 g | Fat: 56 g | Sat. Fat: 8 g | Carbs: 110 g | Sugars: 12 g | Fiber: 14 g | Sodium: ~860 mg | Omega-3: 0.7 g

## Notes

- Zucchini should be well-colored for depth; avoid stirring too often.
- Chili paste: start low and adjust at the table to control heat.
- Dried herbs should be added with the pasta water step to rehydrate properly.
- This dish benefits from generous olive oil rather than added salt.