

Tuna Puttanesca

(reduced sodium version)

Serves 2–3

INGREDIENTS

Pasta

- 160 g dried long pasta (linguine or spaghetti)

Sauce

- 20 g extra-virgin olive oil (≈1½ T)
- 60 g black olives, sliced
- 2 anchovy fillets, finely chopped (*optional – see no-anchovy version below*)
- 8 g garlic, smashed and coarsely chopped (≈2 large cloves)
- 80 g red onion or shallot, thinly sliced
- 15 g capers, rinsed and drained
- ¼ tsp crushed red pepper (optional)
- 25 g tomato paste
- 400 g canned whole tomatoes, crushed by hand
- Black pepper, to taste

Protein

- 70 g Hagoromo シーチキン L フレークタイプ, drained

Finish

- 1 tsp lemon zest
- 10 g chopped fresh parsley
- Reserved pasta cooking water, as needed

INSTRUCTIONS

1. Bring 1.5–2.0 L **water** to a boil. Add 6–7 g **salt**. Cook pasta until al dente. Reserve 120 ml pasta water; drain.
2. In a wide skillet, combine **olive oil**, **olives**, **anchovies** (if using), **garlic**, **onion**, **capers**, and **crushed red pepper**. Cook over **medium-low heat** until onion is soft and fragrant, **5–7 minutes**.
3. Stir in **tomato paste** and **cook 1–2 minutes**, until slightly darkened.
4. Add **tomatoes** and **black pepper**. **Simmer gently 12–15 minutes** until thick but still loose.
5. Remove pan from heat. Fold in **tuna**, **parsley**, and **lemon zest**. Taste before adjusting salt.
6. Add pasta to sauce and toss, loosening with reserved pasta water as needed.
7. Serve with extra parsley and optional crushed red pepper.

NO-ANCHOVY VERSION (PANTRY FALLBACK)

If anchovies are unavailable, omit them and add ONE of the following with the tomato paste:

- 1 tsp white or red miso (preferred; dissolves cleanly)



- OR ½ tsp Marmite or Vegemite
- OR +1 tsp extra tomato paste and +½ tsp capers

These options restore umami depth without making the dish taste overtly "fishy."

NOTES

- No added salt in the sauce; seasoning comes from olives, capers, tuna, and pasta water.
- Lemon zest brightens without increasing sodium.
- Tuna is added off heat to prevent drying.
- No-anchovy version is slightly milder but still balanced.

NUTRITION (Approximate – Anchovy Version)

Per serving (1/3 recipe):

Kcal: 520 | Protein: 28 g | Fat: 18 g | Sat. Fat: 3 g | Carbs: 62 g | Sugars: 7 g |
Fiber: 7 g | Sodium: ~700 mg | Omega-3: 0.30 g

Whole dish:

Kcal: 1,560 | Protein: 84 g | Fat: 54 g | Sat. Fat: 9 g | Carbs: 186 g | Sugars: 21 g
| Fiber: 21 g | Sodium: ~2,100 mg | Omega-3: 0.90 g