

Zucchini Pasta with Tuna & Chili ズッキーニとツナのピリ辛パスタ

Serves: 2–3 | Pasta: 160 g | Stove-top

Ingredients

Main:

- 160 g spaghetti (パスタ)
- 2 medium zucchini (350–400 g), sliced (ズッキーニ)
- 1 can tuna, drained (ツナ)

Aromatics:

- 2 T / 28 g olive oil (オリーブオイル)
- 3 scallions, sliced (青ねぎ)
- 2 tsp / 10 g garlic, sliced (にんにく)
- 1 T / 15 g capers (ケッパー)

Seasoning:

- ½ tsp salt + pinch MSG (塩+MSG)
- ¼ tsp black pepper
- 1–2 tsp chili paste

Finish:

- 2 tsp / 10 ml lemon juice (レモン汁)
- 15 g shiso, sliced (しそ)
- 15–20 g walnuts, chopped (くるみ)

Instructions

1. Cook **pasta** in salted water until al dente.
 - Reserve 100 ml pasta water, then drain.
2. Heat **olive oil** over **medium heat**.
 - Add **scallion whites** and cook **1 minute**.
3. Add **zucchini + salt + MSG**.
 - Cook **8–10 minutes**, allowing light browning.
4. Add **garlic, capers, chili paste**.
 - Cook **1–2 minutes** until fragrant.
5. Add **50–80 ml pasta water**.
 - Simmer **2–3 minutes** until slightly thickened.
6. Add b and toss well.
7. Add **tuna, lemon juice, half the shiso, and walnuts**.
 - Toss gently, keeping tuna in chunks.
8. Serve topped with remaining **shiso** and **scallion greens**.
 - Drizzle lightly with **olive oil**.

Notes

- Browning zucchini improves flavor significantly.
- Add tuna at the end to preserve texture.
- Control pasta water to avoid a watery sauce.
- Shiso adds a fresh Japanese flavor profile.
- Walnuts add texture and omega-3.



Nutrition (Whole Dish Total)

Kcal total: 620 | Protein: 48 g | Fat: 24 g | Sat Fat: 4 g | Carbs: 52 g | Sugars: 6 g
| Fiber: 5 g | Sodium: 980 mg | Omega-3: 0.4 g

Nutrition (Per Serving – 1 of 2)

Kcal total: 310 | Protein: 24 g | Fat: 12 g | Sat Fat: 2 g | Carbs: 26 g | Sugars: 3 g
| Fiber: 2 g | Sodium: 490 mg | Omega-3: 0.2 g