



Shine's Chilli Tuna 'Meatballs' with Spaghetti

A healthier take on a meatball, these tuna 'meatballs' are packed full of protein and flavour! Serve with spaghetti for a more innovative way to eat tuna pasta! Try using any left over 'meatballs' in a salad or sandwich for lunch tomorrow!

Nutritional Info

Calories: 627kcal
Carbohydrates: 110g
Protein: 42g
Fat: 12.3g

Ingredients

- Shine's Tuna
- Egg
- Low fat cream cheese
- Breadcrumbs
- Parsley
- Spaghetti
- Tinned tomatoes
- Garlic cloves
- Shallot
- Grated parmesan

Your Pantry

- Olive oil

Allergens

[Gluten \(breadcrumbs\)](#)

[Dairy \(cheese\)](#)

[Stock Cubes may contain traces of Egg, Soya & Mustard](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 180°C and boil the kettle

Line a baking tray with parchment paper. Don't worry if you don't have paper - just make sure you add a drizzle of oil to the pan to prevent sticking.

2) Prepare the vegetables

Peel and finely slice the shallot. Peel and crush the garlic. Finely chop the parsley and divide it into two - half for the tuna and half for the pasta sauce. Beat the egg using a fork. Drain the oil from the tuna.

3) Make The Tuna Balls

In a large bowl, mash the tuna down into small flakes with the back of a fork before adding the beaten egg (if a one person plan, please use only half the beaten egg), cream cheese, black pepper, and half of the chopped parsley. Once combined, mix in the breadcrumbs and set aside for two minutes. Take 1 tablespoon of the mix and roll into ping pong-sized balls. Repeat until the mixture is finished.

4) Cook The Tuna

Drizzle a little oil over the baking sheet. Place the balls onto the sheet and give the sheet a little shake, to help the balls get a slight coating of oil. Place in the oven for 10 minutes and then turn the balls over. Cook for a further 10 minutes and then remove from the oven. Meanwhile.....

5) Make the spaghetti

In a saucepan, fry the shallot in a little oil for 3-4 minutes, or until softened. Add in the garlic, and fry for a further minute. Finally, add in the tin of chopped tomatoes, some salt and pepper, and about half a teaspoon of sugar from your pantry. Cook for 5 minutes and then add the spaghetti and 225ml of boiling water *per person*. Cook for 10 minutes or until the pasta is cooked to your liking.

6) Plate the dish

Plate the spaghetti and cover it with the tomato sauce. Top with the tuna meatballs, parmesan and the remaining chopped parsley.



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