

Ponzu Spaghetti with Tuna and Mushrooms

Total time **35 mins** 35 mins preparation time

Nutritional facts (per portion):
2,983 kJ / 714 kcal

Fat: **67.2 g** Protein: **31.2 g**
Carbohydrates: **103.1 g**

INGREDIENTS

4 portion(s)

500 g	spaghetti
	Salt
1	tin of tuna in oil
240 g	mixed mushrooms (e.g. shiitake, king oyster, shimeji)
1	garlic clove
2	small onions
60 g	rocket salad
1	small dried chilli pepper
2 tbsp	olive oil
	Freshly ground pepper
400 g	chopped tomatoes
200 ml	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>
	Parmesan cheese

PREPARATION

Step 1

Cook the spaghetti in boiling, salted water according to the pack instructions.

Step 2

Drain the tuna, clean, trim and peel the mushrooms, cut the shiitake and king oyster mushrooms into slices and detach the shimeji mushrooms from their stalks. Peel the garlic and onions and cut them into thin slices. Wash and trim the rocket. Soak the chilli pepper in water.

Step 3

Fry the mushrooms and half the onions in 1 tbsp. oil, season with salt and pepper and remove from the pan. Add the remaining oil to the pan and fry the garlic and chilli pepper, the rest of the onions and the garlic. Add the tomatoes and Ponzu Sauce, bring to the boil, stir in the mushroom and onion mixture, tuna, spaghetti and rocket, and remove the chilli pepper. Serve the Ponzu Spaghetti topped with grated parmesan and a sprinkling of pepper.