

SEABRA'S

MARKET

TUNA PASTA

SERVES: 2

PREP TIME: 00 hr 05 min

COOK TIME: 00 hr 10 min

INGREDIENTS

- 2 tablespoons olive oil
- 2 large cloves garlic minced
- 1 (5 ounce) can tuna
- 1 teaspoon lemon juice
- 1 tablespoon fresh parsley chopped
- Salt & pepper to taste
- 4 ounces uncooked pasta



DIRECTIONS

- Begin by boiling a salted pot of water for your pasta and cook it al dente. Make sure to prep other ingredients while the pasta cooks.
- When the pasta is close to being ready, add the oil to a small pan over medium heat. Once the oil is hot, add the garlic and cook it for 30 seconds.
- Stir in the tuna, lemon juice, and parsley. Let it heat evenly.
- Once the pasta is done, add some of the pasta water (a couple tablespoons) to the sauce and then drain the pasta and toss with the sauce.
- Season with salt & pepper as needed.

FOR A PINCH OF *Seabra's* FLAVOR...

When it comes to tuna we love chopping up some celery and mixing it in with the tuna to add in that extra bit of crunch to each bite!