



## Ketchup-based spaghetti

Time : 30min Level : ★★



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### Ingredients 4 servings

- 320g dried long pasta
- 3 liter of water
- 1 and 1/2 tbsp of salt
- 1 tsp oil (vegetable oil)
- 2 medium onions
- 1 can of tuna
- 1 clove of garlic
- 110g Bacon
- 250g Ketchup
- 1 tbsp Soy milk
- Half a tsp of kelp tea



### How to make

- ① Mince the garlic and slice the onions and cut the Bacon into 1cm lengths.
- ② Bring a large pan of salt (1 and 1/2 tbsp) water (3 liter) to the boil and cook the pasta according to the pack instructions.
- ③ Add the oil and minced garlic onto a heated pan, and stir on low heat until you can smell the garlic, and add the bacon.
- ④ Fry the bacon until crispy and take it out to a plate.
- ⑤ Fry the onions in the oil of the bacon. Add tuna when onions become wilted. Fry for another 2 minutes, set it aside and add ketchup.
- ⑥ Boil the ketchup well to remove excess liquid.
- ⑦ Mix the ingredients and ketchup. Mix in the bacon.
- ⑧ Put soy milk and kelp tea in a frying pan.
- ⑨ Add the pasta and stir well.

Have a nice time

