

**USASA**

**BUDGET  
BITES**



**Greek Tuna Pilaf  
with Chickpeas**

**Approx. Per Serving  
(Assuming 4 Servings):**

**Calories: 472 calories**

**Protein: 30g**

**Carbohydrates: 51g**

**Fat: 22g**

**Follow along with the video!**



## Ingredients

- 1 tbsp sunflower oil
- 1 brown onion, finely chopped
- 3 tsp crushed garlic cloves
- 3 tsp finely grated lemon rind
- $\frac{3}{4}$  cup broken up spaghetti
- 1 cup rice
- 4 cups of chicken stock (make according to packet directions)
- $\frac{1}{3}$  cup lemon juice
- 420 gm tin chickpeas, drained and rinsed
- 425g tin tuna in oil
- 3 tsp dried herbs
- 100g feta, crumbled

## Optional

- Sriracha

## Method

1. Heat the oil in a large frying pan over medium-high heat. Add the onion and cook, stirring, for 3 to 4 minutes or until softened.
2. Add the broken-up spaghetti and stir until slightly browned.
3. Add the garlic and half the lemon rind. Cook, stirring, for 30 seconds or until fragrant.
4. Incorporate the rice, stirring to coat.
5. Pour in the stock, lemon juice & dried herbs. Bring to a boil, then reduce heat to low.
6. Simmer, covered, stirring occasionally, for 10 to 12 minutes or until the spaghetti and rice is tender. Add the chickpeas during the last 5 minutes of cooking.
7. Remove from heat. Gently stir in the tuna.
8. Serve the dish sprinkled with crumbled feta.