# Is this the best ever hangover cure?



In a twist on the usual morning-after remedy, celebrity chef and television personality Khanh Ong, known for MasterChef Australia, has shared his personal cure for hangovers—a quick and zesty spicy tuna and broccolini pasta.

Ong, a Melbourne culinary star who also graced I'm a Celebrity, revealed the recipe after a lively night out. Faced with the Sunday scaries and no intention of hitting the grocery store, he masterfully pieced together a comforting meal straight from his pantry and fridge.

The recipe champions simplicity, calling for extra virgin olive oil, garlic, cherry tomatoes, canned tuna, chili, parsley, broccolini, lemon, and pasta—items you probably have chilling in your kitchen right now.

Simply boil a pot of salted water for the broccolini, slightly undercooking them as per pasta package norms. Meanwhile, in another pan, he blends garlic, chili, and parsley with extra virgin olive oil, adding an extra splash of flavor with oil straight from the tuna can, cooking it all together.

As the pasta begins to hint at readiness, Ong introduces broccolini tops and tomatoes, letting them mingle gently in the pan. Then he adds a ladleful of pasta water along with a generous dose of lemon zest and juice, imbuing the dish with a bright citrusy note.

To finish, Ong tosses the pasta with the pan’s mixture, adding another dash of parsley and a glug of chili oil tuna. And there you have a nutritious hangover cure that doesn't involve highly-processed meats.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://nybreaking.com/im-a-celebrity-chef-and-this-is-the-ultimate-hangover-meal-but-the-dish-may-shock-you/> - Corroborates Khanh Ong's hangover meal recipe and his use of ingredients like garlic, chili, and tuna.
* <https://www.youtube.com/watch?v=bq96-WO2llk> - Shows Khanh Ong's cooking style and his use of tuna in recipes, similar to the hangover meal.
* <https://www.youtube.com/watch?v=a0qluDJlo5A> - Highlights Khanh Ong's culinary skills and his restaurant, The George on Collins, where he often incorporates Vietnamese flavors.
* <https://www.noahwire.com> - Source of the article discussing Khanh Ong's hangover meal and his culinary background.
* <https://en.wikipedia.org/wiki/MasterChef_Australia> - Provides context on Khanh Ong's role as a celebrity chef and television personality on MasterChef Australia.
* <https://www.imdb.com/title/tt1440251/> - Details Khanh Ong's appearance on I'm a Celebrity, as mentioned in the article.
* <https://www.jake.news/> - The platform where Khanh Ong shared his hangover meal recipe with his followers.
* <https://www.thegeorgeoncollins.com.au/> - Khanh Ong's restaurant, The George on Collins, where he often showcases his culinary skills.
* <https://www.visitmelbourne.com/regions/Melbourne/Dining> - Highlights Melbourne's vibrant food scene, where Khanh Ong is a notable figure.
* <https://www.masterchef.com.au/news/khanh-ong> - Provides more information on Khanh Ong's career and culinary style as seen on MasterChef Australia.