



Tuna Pasta

Cooking Time: 1 hour | Servings: 6 people

INGREDIENTS:

- 500g spaghetti pasta
 - 1 red onion, finely diced
 - 1/2 cup finely diced red capsicum
 - 1/2 cup finely diced celery (approximately 3 celery batons)
 - 3 cloves of garlic, crushed
 - 425g tinned tuna in olive oil
 - 1/2 cup roughly chopped kalamata olives
 - 1/4 cup capers
 - 1/4 cup roughly chopped flat leaf parsley
 - 10g chives, finely chopped
 - Zest and juice of 1 lemon
 - 1/2 cup pine nuts, dry toasted
 - 50g salted butter
- Panko Parmesan breadcrumb:**
- 1 cup panko breadcrumbs
 - 1/4 cup grated parmesan
 - 1 teaspoon onion flakes
 - 1 teaspoon garlic powder
 - 1/2 teaspoon chilli flakes (optional)
 - Small handful of roughly chopped fresh parley & thyme leaves
 - 1/4 cup EVOO

INSTRUCTIONS:

1. Bring a large pot of water to the boil. While you are waiting for the water to boil, place a large sauté pan on low heat. Pour in 3 tablespoons of EVOO and sauté your onion, celery and capsicum until translucent. I find this works best when cooking on low heat with the lid on for approximately 15-20minutes.
2. Once onion, celery and capsicum has softened, turn heat up to medium and stir in garlic, cook for about a minute until fragrant. Fold in tuna, olives, capers and lemon juice. Season with salt and pepper to liking. Cook your pasta at the same time in the boiling pot of water.
3. Drain pasta and fold into tuna mix along with parsley, chives, lemon zest, pine nuts, butter and toss together.
4. For the breadcrumbs: Preheat oven at 200C fan forced. In a medium bowl, combine all ingredients and toss well. Spread on a lined baking tray and bake for 5-7 minutes. Serve on top of pasta and enjoy.

TIPS:

- For more heat to the pasta, add a diced long red chilli at the same as the onion, celery and capsicum.
- For a smokey taste substitute tuna in olive oil to smoked tuna.
- Other vegetable that would taste amazing is broccoli, corn kernels, cherry tomatoes, extra herbs such as thyme.

