



JERNEJ KITCHEN

TUNA PASTA

Use your favourite pasta and prepare yourself for the best comfort food meal, tuna pasta.

SERVES 2 PEOPLE
PREPARATION: 20 MINUTES

TUNA PASTA

- 1 large onion
- 2 tbsp olive oil
- 3 anchovy fillets, chopped
- 1 bell pepper, small
- 3 tomatoes
- 1 zucchini, small
- 2 tbsp capers, drained
- 1 garlic clove
- 2 tbsp handfuls fresh basil (or 1 tsp dried oregano)
- 150 g tuna (drained weight)
- 6 tbsp tomato passata
- 3 tbsp sour cream or creme fraiche
- 160 g dried pasta, your favourite

TOOLS AND EQUIPEMENT

- kitchen knife
- cutting board
- saucepan
- pot
- wooden spoon

PREPARATION

Peel and finely chop the onion. Place a large saucepan over a medium high heat. Add 2 tablespoons of oil, the onion, anchovies and chopped bell pepper and fry for 5 to 10 minutes, or until softened, stirring occasionally. Meanwhile, place a large pan of water on to boil, add a pinch of salt and cook the pasta according to the packet instructions.

VEGETABLES

Chop the zucchini and tomatoes on small cubes. Add the chopped tomatoes to the veggies, also add the capers and finely chopped garlic, fry for about 2 minutes. Add small zucchini cubes and 1 handful of basil, fry for another 2 minutes. When the pasta is ready, drain and reserve 1 cup of water. Add drained tuna to the veggies, pour over tomato passata, stir well. Season with salt and a tiny pinch of black pepper.

SERVE

Lower the heat, add the drained pasta and reserved water if necessary. Stir well and remove from the heat. Add sour cream or creme fraiche and stir once again. Check the seasoning and season with salt and pepper if necessary. Add a handful of fresh basil and serve.