

MARLEY SPOON



FAST

Tuna Puttanesca Pasta

with Lemon, Capers and Tomato



20-30min



2 Portions

For speedy and satisfying Italian, look no further than this take on a classic from Naples. Using fresh tomatoes instead of canned, tuna for added substance and lemon instead of olives, for refreshing citrus notes, this chilli-laced pasta is a fresher incarnation of the original recipe.

What we send

- anchovy fillet 4
- tuna 4
- capers
- tagliatelle pasta 1
- parsley, long red chilli, garlic
- lemon
- tomato

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper

Utensils

- large frypan
- large saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

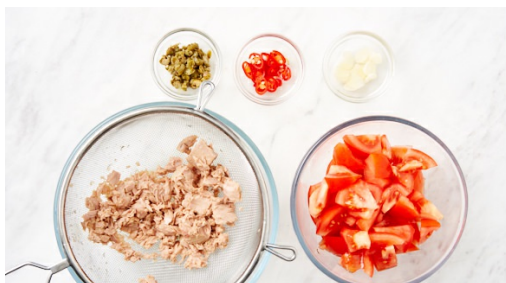
Add chilli to suit your heat preference. If some family members don't tolerate chilli it can be served at the table for those who would like it.

Allergens

Gluten (1), Fish (4). May contain traces of other allergens.

Nutrition per serving

Energy 760kcal, Fat 33.8g, Carbs 71.1g, Proteins 38.9g



1. Prepare ingredients

Bring a large saucepan of salted water to the boil for the pasta. Thinly slice the **garlic**. Thinly slice the **chilli**, discarding the seeds if less heat is desired. Coarsely chop the **capers**. Coarsely chop the **tomatoes**. Drain the **tuna**.



2. Cook pasta

Cook **three-quarters of the pasta** (the remaining pasta won't be used in this dish) in the pan of boiling water for 8-10 mins until al dente. Reserve **60ml (1/4 cup) cooking liquid**, then drain the pasta.



3. Prepare ingredients

Meanwhile, coarsely chop the **parsley** leaves and finely chop the stems. Finely grate the zest of **half the lemon**, then juice the half (the remaining half won't be used in this dish).



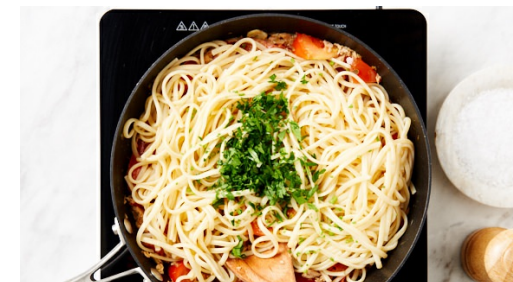
4. Cook aromatics

Heat **2 tbs olive oil** in a large deep frypan over medium-low heat. Add the **garlic** and **chilli** (see cooking tip) and cook for 1-2 mins until fragrant. Add the **anchovies** and stir for 1 min, to break them up and combine with the garlic mixture.



5. Make sauce


Add the **capers** and **tuna** and season with **salt and pepper**. Cook, stirring to break up the tuna, for 2 mins. Add the **tomato** and **reserved cooking liquid** and cook for 4 mins or until the tomato has softened.



6. Get ready to serve

Reduce the heat to low. Add the **pasta**, **parsley** and **lemon juice** (to taste), season with **salt and pepper** and stir well to combine. Divide the pasta among plates. Scatter over the **lemon zest** and drizzle with **extra virgin olive oil**.

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