

# MARLEY SPOON



**FAST**

## Tuna Puttanesca Pasta

with Lemon, Capers and Tomato



20-30min



4 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

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

## 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

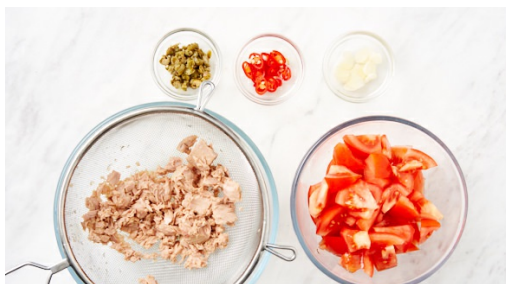
Add chilli to suit your heat preference. If some family members don't tolerate chilli it can be served at the table for those who would like it.

## Allergens

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

## Nutrition per serving

Energy 745kcal, Fat 31.0g, Carbs 70.4g, Proteins 42.0g



1. Prepare ingredients

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



4. Cook aromatics

Heat **60ml (¼ cup) 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.



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 **125ml (½ cup) cooking water**, then drain the pasta.



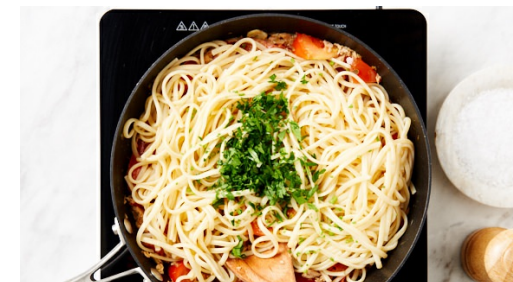
5. Make sauce

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.



3. Prepare ingredients

Meanwhile, coarsely chop the **parsley** leaves and finely chop the stems. Finely grate the **lemon** zest, then juice.



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**.