

Tuna Pasta / Fusilli Lunghi al tonno

For 2 people – takes 35 minutes from start to serving

Ingredients

250g Fusilli lunghi bucati

100g Tomato purée

2 teaspoons of capers

2 anchovy filets

1 x 160g tin of tuna fish (preferably in oil)

1 clove of garlic

Salt

Parsley

Oregano

25g Parmesan cheese

Lots of olive oil

35 minutes before the meal is to be served, pour olive oil into a medium-sized saucepan until it covers the bottom of the pan. Heat the oil and then add the tomato purée and fry it gently for 5 minutes. Add 2 teaspoons of capers, 2 anchovy filets, a bunch of fresh parsley or a large pinch of dried parsley. Chop 1 clove of garlic and add it to the pot. Add the tuna fish. Stir the mixture regularly so that it does not burn. Add olive oil if the mixture starts to dry out.

22 minutes before the meal is to be served, boil 1.5 litres of water in a kettle. Pour the boiling water into a second medium saucepan. Add salt and a tablespoon of olive oil to the water, and bring the water back to the boil.

17 minutes before the meal is to be served, add the Fusilli lunghi bucati to the boiling water and make sure that it is all covered by the water. Bring the water back to the boil and then reduce the heat to a rolling simmer.

3 minutes before the meal is to be served, check the texture of the pasta to make sure that it is just cooked (*al dente*) – it may need a minute more.

When the pasta is cooked *al dente*, drain it quickly in a colander and then pour it back into the saucepan. Pour the sauce mixture into the pan with the pasta. Add the oregano and the parmesan cheese to the pasta/sauce mixture. Stir all of the ingredients so that they are well mixed together.

Serve immediately – make sure that each person gets a fair share of the sauce as well as the pasta. And there should be enough for seconds!