

Pasta with fresh Tuna & Cherry Tomatoes



Serves 4 Prep 15 mins

Cooking 30 mins

Easy

Ingredients

200g cherry tomatoes, halved
200g tuna cubes, roughly 1 cm to 1.5 cm
250g pasta (macaroni or paccheri)
1 clove garlic, chopped (optional)
2 tbsp olives, pitted & chopped (optional)
Parsley & basil, chopped
Lemon zest

1. To prepare pasta with fresh tuna and cherry tomatoes, wash and cut them in half then cube the tuna into pieces, each roughly 1.5 cm in size
2. Heat a drizzle of oil in a pan; brown the garlic for a few minutes. Now add the tuna and sear for at least 5 mins on a high flame, stirring frequently all the while ; now add the cherry tomatoes
3. Remove the garlic (if using) and continue to cook on a medium flame for around 15 mins. Boil the paccheri or macaroni pasta in salted boiling water and remove 2 mins before the cooking time on the packet, so that you can finish cooking them in the pan.
4. Add a little cooking water from the pasta to the cherry tomatoes and tuna. Now add the olives (if using) to the sauce and then the pasta, along with a drop of cooking water and a drizzle of oil.
5. Leave to cook for a few minutes, then add the pepper, finely chopped parsley and previously shredded basil leaves. Stir well, arrange onto plates and add the lemon peel. Your pasta with fresh tuna and cherry tomatoes is ready to be served.