



DE CECCO CASARECCIA

with preserved tuna, marinated olives & capers

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Region

Abruzzo, Italy

Ingredients available at Mediterranean Foods

Ingredients

- 3 Cloves of garlic
- 1/2 Cup of roughly chopped Italian parsley
- 300g Tuna in olive oil
- 380g Casareccia pasta
- 1/2 Glass dry white wine
- 1 Cup of mixed marinated pitted olives
- 1 Tablespoon of capers
- 1 1/2 Cup of our secret tomato sauce

1. Place the tuna in strainer and strain the oil straight into a large pan. Slice the garlic thinly and add it into the pan. Bring it to a simmer than add the parsley.

2. Fry gently for 20 seconds then add the strained tuna. Cook for a minute then add the capers and olives. Pour the wine in and let it evaporate.

3. Add the tomato sauce and let it simmer for 2 minutes.

4. Cook pasta in plenty of boiling salted water. Strain and add into the tuna sauce.

5. Toss it through and garnish with a sprinkle of Italian parsley and a little extra virgin olive oil.

Buon Appetito!

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