



LEMON & TUNA PASTA

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Region

Southern Italy

Ingredients available at Mediterranean Foods

Ingredients

- 1/4 Cup of parsley
- 2 Garlic cloves, crushed
- Black pepper
- 1/4 Cup (60ml) lemon juice with lemon zest
- 375g De Cecco fusilli or rigatoni pasta
- 185g Canned tuna in olive oil, drained or flaked
- 1/3 Cup extra virgin olive oil
- 2 Tablespoons baby capers

1. Combine tuna, 1/4 cup of olive oil, capers, garlic and lemon juice in a bowl. Season to taste and stand for one hour. Add parsley.

2. Meanwhile, cook the pasta in a large saucepan of boiling salted water according to the packet directions.

3. Drain and drizzle with the remaining olive oil. Toss the tuna mixture through the pasta on low heat to heat through.

4. Serve with a good grinding of black pepper.

Buon Appetito!

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