

# Tuna and Caper Pasta with Crispy Breadcrumbs



## Ingredients

150ml extra virgin olive oil  
1 cup (70g) coarse day-old breadcrumbs  
2 tsp dried Italian herbs  
2 garlic cloves, finely chopped  
2 tsp fennel seeds  
1/3 cup (65g) capers in vinegar, drained  
1/2 tsp chilli flakes  
3 x 95g cans good-quality tuna in oil  
Finely grated zest & juice of 1 1/2 lemons, or more to taste  
300g angel hair pasta, cooked to packet instructions

## Method

Heat half the oil in a non-stick frypan over medium heat. Add breadcrumbs and dried herbs. Cook, stirring, for 4-5 minutes until crisp and golden. Transfer to a bowl and set aside. Wipe pan clean and return to medium heat. Add remaining 75ml oil then add garlic and fennel seeds. Cook, stirring, for 2-3 minutes until fragrant and garlic has softened. Add capers, chilli flakes, tuna and tuna oil, lemon zest and juice, and stir for 1 minute to heat through.

2. Stir pasta through the sauce and season. Scatter with crispy breadcrumbs to serve.