



Chilli Tuna Pasta

INGREDIENTS

150g/5½oz dried spaghetti, or other pasta shapes
3 tbsp vegetable oil
2 garlic cloves, crushed
¼–½ tsp dried chilli flakes, to taste
400g tin chopped tomatoes
¼ tsp dried mixed herbs or oregano
145g tin tuna chunks, any kind, well drained
ground black pepper

1. Half fill a large saucepan with water, cover with a lid and bring to the boil over a high heat. Stir in the pasta and cook uncovered for 10–12 minutes, or until the pasta is tender but retains just a little ‘bite’. Stir occasionally as the pasta cooks to separate the strands.
2. Put the oil in a large frying pan, add the garlic and chilli and cook over a low heat for 20–30 seconds, stirring regularly. (Be careful not to let the garlic burn or it will make the sauce taste bitter.) Stir the tomatoes into the pan, add the dried herbs and bring to a gentle simmer.
3. Cook the sauce for 8–10 minutes, stirring regularly until it is thickened and glossy. Add the tuna and cook together for 1 minute more. Season with a little salt and lots of ground black pepper.
4. Drain the pasta and add to the tomato and tuna sauce. Toss together until well combined then serve.