



Tuna and caper pasta with crispy breadcrumbs

Serves 4

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

Directions

Step 1

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.

Step 2

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

Enjoy!
We would like to hear your feedback!

View more recipes here: www.nukuora.org.nz