



Lemony Tuna and Olive Oil Pasta



Christopher Baker

Serves 4

Hands-On Time: 10m

Total Time: 30m

Ingredients

3/4 pound linguine
3 tablespoons olive oil
4 cloves garlic, sliced
1/4 teaspoon crushed red pepper
2 6-ounce cans oil-packed tuna
1 teaspoon finely grated lemon zest
kosher salt and black pepper
1/2 cup chopped fresh flat-leaf parsley leaves

Directions

1. Cook the pasta according to the package directions. Reserve 1/2 cup of the cooking water; drain the pasta.
2. Wipe out the pasta pot. Add the oil, garlic, and red pepper and cook over medium heat, stirring frequently, until fragrant, 2 to 3 minutes.
3. Add the pasta, tuna, lemon zest, 3/4 teaspoon salt, 1/2 teaspoon black pepper, and the reserved pasta water and cook over low heat, tossing, until the sauce is slightly thickened and coats the pasta, 1 to 2 minutes.
4. Add the parsley and toss to combine.

Tip

When using tuna packed in olive oil, don't discard the oil—it's packed with flavor. Use it in place of mayonnaise in tuna salad or to dress salad greens or roasted vegetables.

Nutritional Information

Calories 576; Fat 21g; Sat Fat 3g; Cholesterol 45mg; Sodium 710mg; Protein 32g; Carbohydrate 63g; Sugar 3g; Fiber 2g; Iron 2mg; Calcium 18mg

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