

20 MINUTE TUNA TOMATO RIGATONI

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COOK TIME: 20mins

SERVES: 4

CALORIES: 339 kcal (PER SERVING)

INGREDIENTS

300 g/10.6 oz rigatoni
1 can (160g/5.6 oz) tuna in water, drained
4 tbsp olive oil
2 tbsp unsalted butter
1 can (400 g/14 oz) crushed tomatoes
6 garlic cloves, minced
2 shallots, thinly sliced
1 tsp each: red pepper flakes, salt,
black pepper, dried oregano
3 anchovy fillets
2 tbsp tomato paste
2 tbsp chopped parsley
1 tbsp balsamic vinegar
2 tbsp capers

DIRECTIONS

Heat olive oil and butter in a large skillet over medium low heat. Add shallots and garlic, cook, stirring occasionally, until the shallots become totally soft, about 10 minutes.

Bring a large pot of salted water to a boil and cook rigatoni al dente. Scoop up 1/2 cup cooking water, then drain the rigatoni.

In the meantime, add anchovies and spices to the skillet. Stir to melt the anchovies into the shallots, about 1 minute. Stir in tomato paste, capers and balsamic vinegar. Pour in crushed tomatoes and bring to a boil. Next add tuna and parsley. Then toss with rigatoni and add 1/4 cup cooking water. Toss gently to distribute the tuna without breaking up the chunks too much. Adjust salt and add more cooking water, if needed. Serve!

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