

Sea Fare Pacific

Italian Inspired Linguini with Tuna

Ingredients:

1 lb linguini pasta
1/4 cup extra-virgin olive oil, plus 1/4 cup
1 small or 1/2 medium onion, chopped
2 cloves garlic, minced
1 6oz. pouch Sea Fare Pacific Albacore Tuna
1 pint (2 cups) cherry tomatoes, halved
8 oz artichoke hearts quartered
2 tablespoons capers, rinsed and drained
2 tablespoons chopped fresh basil
1/4 cup chopped fresh flat-leaf parsley
1/2 teaspoon crushed red pepper flakes
Kosher salt and freshly ground black pepper to taste
Fresh Lemon juice to taste
Top with grated Pecorino Romano cheese



Directions:

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain and reserve about 1 cup of the pasta water.

In a 14-inch skillet, heat 1/4 cup oil over medium-high heat. Add the onion and cook, stirring frequently, until soft, about 5 minutes. Add the garlic and cook for 30 seconds until aromatic. Add the tuna to the skillet and, using a fork, break into chunks. Add the cherry tomatoes, artichoke hearts, capers.

Cook, stirring occasionally, until the tomatoes begin to soften, about 8 to 10 minutes. Add the pasta, the remaining 1/4 cup olive oil, and the basil and parsley.

Toss until all the ingredients are coated, adding a little pasta water, if needed, to thin out the sauce. Add red pepper flake, and season with salt and pepper, lemon juice and parmesan cheese to taste. Transfer the pasta to a serving bowl and serve warm or at room temperature.

