

Spaghetti with Tuna & Capers

Our dear friend Kim shared her recipe for this flavor packed dish. Easy to make, tasty & healthy too, it will become part of your weeknight dinner rotation! Makes 4 servings.

Easy Ingredients

- 3 tablespoons Villa Graziella Organic extra virgin olive oil + extra for serving.
- 1-pound 16 ounces of dry spaghetti, angel hair or linguine ok too.
- 4 fresh garlic cloves thinly sliced.
- 3 fresh scallions thinly sliced (white and green stalks separated).
- 1-6 ounce can tuna, oil packed, drained & flaked.
- 3 oil packed anchovy filets, chopped *-optional-*
- 3 ½ tablespoons capers, drained.
- 3 cups fresh cherry tomatoes, washed, dried, quartered & divided into 1.5 cups each.
- 1 teaspoon each sea salt and freshly cracked pepper.
- ½ teaspoon crushed red pepper flakes.
- 1 fresh lemon wedge.
- 2 tablespoons fresh parsley washed & chopped.

Simple Directions

1. Heat olive oil in a large sauté pan with a cover or Dutch oven over medium heat.
2. Add the garlic & scallion whites, setting aside the green stalks, sauté 2-3 minutes until fragrant.
3. If using, add the anchovies to the pan stirring until they start to dissolve, add the capers, continue to sauté until the garlic turns golden, but not brown, about 2-4 minutes.
4. Add 1 ½ cups of the tomatoes, sea salt, pepper & crushed red pepper to the pan. Stir to combine and cook about 2-4 minutes.
5. Add the remaining 1 ½ cups of tomatoes, tuna, and the scallion greens to the pot, toss evenly to thoroughly combine all the ingredients. Cover and remove from heat allowing the sauce to thicken and the flavors to blend.
6. Meanwhile cook the pasta one minute less than the package directions as it will continue to cook after draining.
7. Return the covered sauce over very low heat. Ladle approx. 1/2 cup of pasta cooking water and stir half (¼-cup) into the sauce. Set aside remaining water if needed.
8. Drain the pasta and add it to the sauce, toss to thoroughly combine. If too dry, add more pasta water.
9. Add a squeeze of lemon juice, a drizzle of olive oil and stir to combine.
10. Add the chopped parsley, serve, and enjoy!

Helpful Hints:

- What are capers? Mini berries with a bold, briny, tangy taste, the buds enhance the flavor of fish, meat, veggies, and sauces.
- Why anchovies? A secret ingredient it's savory, rich umami flavor complements the tomatoes' acidity.
- The starch from the pasta water helps the sauce evenly coat the spaghetti.
- Why no grated cheese? Cheese can overpower flavors, while lemon juice adds a brightness to the salty, savory taste of the anchovies, capers and tuna.