

Artichoke, Tuna & Tomato Spiral Pasta



R & J Mazza
GLOBE ARTICHOKES

Ingredients

400g spiral pasta,
¼ teaspoon salt,
350g artichoke hearts, sliced,
3 tablespoons extra light olive oil,
2 cloves garlic, finely chopped,
400g can peeled diced tomatoes,
450g canned tuna chunks in brine,
¼ cup dry white wine,
2 tablespoons lemon juice,
¼ cup parsley,
Salt and pepper, to taste,



Extra Ingredients

2 tablespoons extra virgin olive oil,
Parmesan, grated or shredded, to serve
Black pitted olives to garnish

How to Cook

1. Boil water in a saucepan, and add spiral pasta and salt. While cooking, prepare remaining ingredients.
2. Put extra light olive oil in a frypan, when hot add garlic. Fry until golden, add diced tomatoes and cook for a few minutes. Add sliced artichoke hearts, wine, salt and pepper. Simmer for approximately 2 minutes. Add tuna and lemon juice and stir through. Take frypan off the heat, add parsley and set aside.
3. When spiral pasta is cooked, drain and add extra virgin olive oil to avoid it from sticking together, mix through.
4. Add artichoke mixture and mix well. Place in serving plates and serve with parmesan. Garnish with black olives

Serves 4

