

Italian Tuna with Pasta

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Tuna is a natural accompaniment to pasta - it's delicate in flavour, but it isn't all that filling, so it makes sense to pair it with something that is filling but with little flavour so that the tuna isn't overpowered. In this dish, tuna is paired with pasta, capers, eggs and lemon to create a tangy yet creamy dish perfect for lunch.

Ingredients:

225g pasta tubes
1 x 200g tin tuna in oil, drained
1 tbsp. olive oil
2 tbsp. capers, drained
150ml mayo
1/2 red pepper
Chunk of cucumber (about 5cm of a whole cucumber)
75g sweetcorn, drained
Juice of one lemon
2 hard boiled eggs

Directions:

1. Finely dice the red pepper. Remove the seeds from the cucumber and finely dice the flesh.
2. Cook the pasta according to packet instructions in boiling salted water. Once cooked, drain and put into a large bowl.
3. Toss pasta with the flaked tuna, oil, capers, mayo, diced pepper, diced cucumber, sweetcorn and lemon juice. Quarter the eggs and top the salad with them.
4. Serve hot or cold.

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