Tuna Tomato Olive Pasta Bake

One 8×12 in (20×30 cm) dish, at least 3 qt/2.8 L;4 main-dish portions · Active 30 min · Total 1 hr 20 min

Ingredients

- 8 oz dry fusilli pasta (225 g)
- 10 cups water (2.4 L), for pasta
- 2 tablespoons olive oil (30 ml), divided equally between sauce and crumbs
- 1 medium red onion, finely chopped (150 g)
- 1 medium zucchini, cut in 1/2-in/1-cm dice (250 g prepared)
- 3 garlic cloves, finely chopped (9 g)
- 1 can crushed tomatoes with juice (14 oz/400 g)
- 1 cup tomato passata (250 ml)
- 1/2 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 12 oz plain canned tuna in water, drained and inspected (340 g drained)
- 1/3 cup pitted black olives, chopped (60 g)
- 1 tablespoon capers, drained (10 g)
- 2/3 cup coarse fresh breadcrumbs (40 g)
- 1 teaspoon finely grated lemon zest (2 g)

Set out

Oven, 8×12 in (20×30 cm) baking dish, at least 3 qt/2.8 L, Large pasta saucepan, 12-in/30-cm deep skillet, Colander, Fork, Small bowl, Rimmed baking sheet, Food thermometer, Suitable foil for loose shielding if the topping colors before the center finishes

Allergens

Fish: tuna, Wheat; check pasta for egg and bread for milk, sesame or other allergens. Check labels and substitutions.

Make it

1. Heat oven to 400°F (205°C). Put the dish on a rimmed sheet and bring pasta water to a boil. Heat 15 ml oil in the skillet over medium heat and cook onion 7–9 minutes until soft.

2. Add zucchini and cook 6–8 minutes until nearly tender and loose water has evaporated. Add garlic for 30 seconds, then tomatoes, passata, oregano and pepper. Simmer 8–10 minutes until thick but moist.

3. Meanwhile boil fusilli 2 minutes short of its packet time and drain. Fold tuna, olives and capers into the warm sauce gently, then fold in pasta and spread in the dish.

4. Mix crumbs, remaining 15 ml oil and lemon zest in the small bowl. Scatter loosely. Bake 20–25 minutes until crumbs are golden and the center and several other spots reach 165°F (74°C). Shield the top loosely if needed while the center finishes.

5. Rest 5 minutes, then serve one-quarter per person.

Fold the fish last

Make the sauce smooth before adding tuna. A few broad folds leave flakes visible and keep the dish from looking like uniformly mashed tomato pasta.

A useful detail

The 80-minute total includes sauce preparation, overlapping pasta cooking, the full bake and rest. Olives and capers season the pan; no extra salt is required in the base.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 2 days or an earlier opened-fish deadline. Reheat to 165°F (74°C), adding a little water if pasta has absorbed sauce. Freeze promptly cooled portions for up to 1 month for quality; thaw in the refrigerator. The crumb topping softens.