Tuna Tomato Pasta for Two

2 pasta bowls, each with half the tuna-tomato sauce and pasta · Active 20 min · Total 45 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• About 2 cups dry short wheat pasta (160 g; weigh because shapes vary)

• 6 cups drinking water (1.5 litres), for boiling pasta; reserve 60 ml before draining

• Water-packed light tuna, well drained (160 g edible)

• 1 can crushed tomatoes (400 g/about 14 oz), including juice

• 1 small onion, finely diced (80 g)

• 2 garlic cloves, minced (6 g)

• 2 teaspoons olive oil (10 ml/about 9 g)

• 1 tablespoon finely chopped parsley (5 g)

• 1/4 teaspoon fine salt (1.5 g), added to sauce

• 1/8 teaspoon black pepper (0.3 g)

Set out

3-litre/3-quart saucepan, 28 cm/11-inch skillet, Sieve, Small heatproof cup, Spoon or tongs, Can opener if needed, Knife and board, Kitchen scale

Allergens

Fish, Wheat; pasta may contain egg—check its label. Check labels and substitutions.

Make it

1. Bring the pasta water to a boil in the saucepan. Heat oil in the skillet over medium heat and soften onion for 5–6 minutes. Add garlic for 30 seconds, then add crushed tomatoes, salt and pepper. Simmer gently for 12–15 minutes, stirring occasionally.

2. Meanwhile boil pasta for its packet time until tender with a little bite. Before draining, take out and measure 60 ml cooking water in the heatproof cup. Drain the pasta.

3. Add pasta to the tomato sauce and turn for 1 minute, adding reserved water a tablespoon/15 ml at a time only until the sauce coats the shapes. Fold in drained tuna and heat gently for 2–3 minutes until hot through, keeping some flakes intact.

4. Stir in the parsley and divide all pasta and tuna sauce equally between 2 bowls. Serve promptly.

A useful kitchen skill

Reserve cooking water before tipping pasta into the sieve, then use a measured little at a time rather than flooding a finished sauce.

A useful detail

The 45-minute total includes water heating and overlapping sauce/pasta cooking. Pasta is weighed dry and tuna after draining. The base contains no cheese or extra finishing oil.

Keep it well

Refrigerate leftovers promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 2 days. Reheat the needed portion to 165°F/74°C throughout with a little drinking water to loosen the sauce; tuna will break up more on reheating.