

# Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in

“Foodie Thursday”.

## Store Cupboard Tuna Bolognese

ready in under 25 minutes!



### Ingredients – serves 4 people

300gm pasta (tagliatelle/pappardelle/penne)  
3 Tbsp olive oil – for cooking (include oil from tuna)

1 lg onion (chopped finely)  
3 lg garlic cloves (peeled & grated finely)

1 tin chopped tomatoes  
1 Tbsp worcestershire sauce

2 tins tuna (drained & flaked loosely)

salt & pepper to taste

1 Tsp thyme (dried)

fresh parsley to garnish if you

have available

4 Tsp olive oil – to finish

### Method

Place a large pan of water to boil the pasta in (the traditional ratio is – 1ltr water + 10gm salt per 100gm pasta)

Heat a large non-stick pan over a high heat then add the oil (you can use the oil from the tin).

Add the onions and cook until soft, stirring or tossing the pan occasionally.

Add the garlic and mix through, cook for a further minute.

Add tomatoes, Worcestershire sauce and thyme - stir together and cook over a medium high heat for 5 minutes then add the flaked tuna and mix through.

Season to your preference with salt and black pepper.

# Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in  
“Foodie Thursday”.



Place pasta of choice into the boiling salted water following the instructions on the packet (generally, all dried pasta cooks better when it can move around in lots of boiling water so use a very big pan!).

When the pasta is ‘al dente’, firm and with a bite, (not soft or overcooked) drain into a colander in the sink. Do not shake off all the pasta water but quickly add to the bolognese sauce. Increase heat to high and stir/toss the pasta through the sauce.

Cook over a high heat for 1 minute then pour into a large serving bowl/platter or divide between 4 serving bowls.

Garnish with parsley (if using), drizzle the 4 Tsp of olive oil over and serve.

Notes from the chef:

This is a simple store cupboard recipe that requires very little in the way of special ingredients.

As the bolognese thickens, it will start to ‘bubble’ and ‘pop’ so use a deep pan to avoid having to clean your stove top!

If you have some celery in the fridge then this can be finely diced and added with the onion and use the celery leaves instead of parsley as the garnish!

You can serve with a simple green salad dressed with olive oil and sea salt or some sourdough bread.

Fresh pasta works well but requires a lot less cooking time, 2–3 minutes only!

The tuna and Worcestershire sauce use salt in the manufacturing process so taste after these have been added and go easy with the salt!

You can make this in advance and then re-heat in the oven to turn this into a tuna bolognese bake!

Tbsp - tablespoon  
Tsp - teaspoon