



Sicilian Linguine with Tuna & Heirloom Tomatoes and Fresh Rocket

An easy to make one pan, Sicilian inspired Pasta and Tuna dish. This dish is high in protein and vitamins as well as being beautifully tasty. We use the highest quality preserved tuna from Shine's - an Irish premium tuna supplier based in Killybeg's, Donegal. We want you to imagine yourself on a beach in Sicily as you enjoy the dish - even if the cold Irish weather might say otherwise!

Ingredients

- Tuna
- Rocket
- Heirloom Tomatoes
- Garlic
- Olives
- Linguine
- Red Chilli

Your Pantry

- Olive Oil

Nutritional Info

Calories: 486 kcal
Carbs: 71 g
Protein: 39 g
Fat: 6 g

Allergens


[Fish \(Tuna\)](#)
[Wheat \(Pasta\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Cook the pasta**

Place the linguine pasta in a pot of boiling water and cook for 8-10 min.

2) **Prepare the vegetables**

While the pasta is cooking, peel and finely slice the garlic. Then slice the red chilli and quarter the tomatoes and olives. Set the ingredients aside.

3) **Cook the sauce**

Place a large pan on medium heat and drain some of the tuna oil and some olive oil into the pan, for extra flavour. Then add the garlic and chilli. Cook for 3-4 min and then add the tomatoes and olives. Cook for another 8 min on low heat.

4) **Drain the pasta**

Once the pasta is cooked, drain it and reserve some of the pasta water.

5) **Add the pasta to sauce**

Add the pasta to the pan of garlic, chilli, tomatoes and olives and stir everything together. Add a drop of the reserved pasta water to loosen the pasta.

6) **Add the tuna**

Flake in the tuna, some lemon juice and rocket.

Enjoy!



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