

Pasta alla Puttanesca

I think it's Italian for mamma mia mmm mmm good.
This quick healthy recipe is bursting with flavours and is made with easy to store pantry ingredients.
High in Protein, Iron, Selenium, Vitamin B-12, Vitamin E and Niacin.

4 to 6 servings

Ingredients

1/4 cup Olive Oil
4-6 garlic cloves, minced
4-6 Anchovies, minced
1-2 tbsp capers, diced
1/2—1 tsp red pepper flakes or sambal oelek
1 can chunky tomatoes
1/4 cup Kalamata or black olives roughly chopped
2 cups fresh baby spinach
1 can chunk light tuna in water, drained
1 tomato, roughly chopped
1 lb your choice of pasta.

Directions:

Heat olive oil in saucepan over medium heat. Add garlic, anchovies, capers and red pepper flakes. Sauté until garlic is browned and oil is fragrant. Add can of tomatoes and bring to a slow boil.

While bringing sauce to a boil, cook pasta. Simmer sauce for 7-10 mins. Turn heat off and add olives, spinach, tuna and fresh tomato.

Mix thoroughly and cover. Let stand for about 5 mins.

Serve and enjoy!

