

Tuna, Broad Bean & Lemon Pasta



Ballarat Health Services

Ingredients

375g dried large shell pasta
1 1/2 cups frozen broad beans
1/3 cup extra virgin olive oil
4 green onions, thinly sliced
4 garlic cloves, crushed
1 long red chilli, thinly sliced (optional)
425g can tuna in olive oil, drained
2 tablespoons lemon juice
2 teaspoons lemon zest
Shaved parmesan, to serve



Method

Step 1 Cook pasta in a saucepan of boiling water, following packet directions, until tender. Drain, reserving 1/4 cup cooking liquid.

Step 2 Prepare beans following packet directions.

Step 3 Heat oil in a large, deep non-stick frying pan over medium-low heat. Add onion, garlic and chilli, if using. Cook for 1 minute. Add tuna, broad beans and lemon juice. Cook for 1 minute or until combined.

Step 4 Add pasta, reserved cooking liquid and lemon zest to pan. Season with salt and pepper. Cook, tossing, for 1 to 2 minutes or until combined and heated through. Sprinkle with parmesan. Serve.

Dinner will
be on the
table quicker
than ordering
takeaway

Source: www.taste.com.au