

Tuna Spaghetti Bolognese



INGREDIENTS:

370g Kingfisher Yellowfin Tuna Steaks in Sunflower Oil, drained
1 tablespoon olive oil
250g chestnut mushrooms, thinly sliced
400g can or chopped tomatoes
1 onion, chopped
1 garlic clove, peeled and crushed
Bunch of parsley, finely chopped
400g tagliatelle or other pasta shapes, cooked according to packet

DIRECTIONS:

1. Cook the pasta in a large pan of boiling salted water (according to packet).
2. Heat the olive oil in a non-stick frying pan and cook the chopped onion, mushrooms, garlic for 3 - 4 mins until golden.
3. Stir in the chopped tomatoes and cook for a further 3 minutes, then add the Kingfisher Yellowfin Tuna Steak and bring to a gentle simmer.
4. Stir the parsley and a good grinding of black pepper into the sauce. Add to the cooked pasta and toss well to coat then divide between bowls and serve.