



All Great Meals Begin With
Rulli Bros.
M A R K E T S

Casey's Tuna Fennel Pasta

Serves 4

INGREDIENTS

- 2 5 oz. cans imported tuna packed in olive oil, drained
- 1 tsp. fennel seeds
- 1 tsp. crushed red pepper
- 1/2 cup extra virgin olive oil
- 6 cloves of garlic minced
- zest of 1 lemon
- 1 tsp. salt
- 1 lb. linguine
- 1 28 oz. can of whole tomatoes in juices
- 4 tblsp. chopped fresh flat leaf parsley (for garnish)

PREPARATION

Fill stockpot with water and bring to boil. Add 2 tablespoons of salt and add linguine. Cook until al dente. Stir occasionally.

Meanwhile, in large skillet, heat olive oil over medium heat. Add garlic, red pepper and fennel seed. Cook until garlic is just golden. Add tuna and 1 teaspoon of salt. Raise heat until tuna begins to sizzle, keep tuna in larger pieces. Add tomatoes and juices and warm through for 2 minutes until softened. Use potato masher to break up tomatoes. Stir in lemon zest.

Drain linguine and reserve 1/2 cup of pasta water. Add linguine to skillet and stir to cover with the sauce. Cook over low heat for a minute or so. If pasta seems dry add pasta water a little at a time.

Place on serving platter and garnish with parsley. Serve immediately.



For more information please visit - CaseyMaloneShow.com